

Fajitas

Ingredients

2 tortilla wraps
100g chicken (1 breast)
1/4 pepper
1/4 onion
4 tblsp chopped tomato
1 tsp chilli or fajita mix

optional

25g grated cheese
2 ds tsp sour cream

Method

- 1 Chop the vegetables into strips.
- 2 Chop the meat into strips.
- 3 Fry the onion in dstsp of cooking oil until soft.
- 4 Add the meat and fry until cooked through.
- 5 Add the peppers and fry for a further 3—4 minutes.
- 6 Add the tomato and seasoning and heat through.
- 7 Place each tortilla wrap in the microwave for 10 secs.
- 8 Assemble the fajitas.

Eat in school if time or

Don't forget a container to take them home in.

