



Fajitas

Ingredients

1/2 lime
1 clove garlic
1/2 green chilli
Small bunch coriander
1 x 10ml spoon oil
1 small chicken breast (or 3-4 thighs)
1/2 onion
1/2 green pepper
1 tomato
25g Cheddar cheese
2 tortillas 1 x 15ml spoon guacamole (or salsa), optional



Equipment

Juice squeezer, garlic press, 2 chopping boards, 2 knives, small bowl, 2 spoons, weighing scales, grater, measuring spoons, frying pan.



Method

1. Prepare the marinade:
 - squeeze the lime;

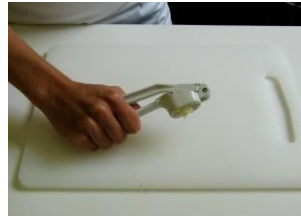


- de-seed and slice the chilli;



- stir everything together with the oil.

- peel and crush the garlic;



- chop the coriander;



2. Remove any skin from the chicken and cut the chicken into strips. Mix with the marinade and place

in the fridge, covered, until needed.



3. Prepare the remaining ingredients with a clean knife on a clean chopping board:

- slice the onion and green pepper;



- chop the tomato;



- grate the cheese.



5. Add the marinated chicken to the wok or saucepan and stir-fry for about 4 minutes. Check that the chicken is cooked.



6. Add the onion and green pepper and continue to cook for a further 2 minutes.



7. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.

