

Chicken or bean Fajitas

Preparation and cooking time: 30 minutes, serves 4

Ingredients

Fajitas

1 red, 1 yellow and 1 green pepper, cut into strips
2 red onions, halved and sliced
2 large or 3 medium-sized chicken fillets, cut into 2 cm strips. Or use 1 tin black & 1 tin kidney beans
1 tbsp olive oil
Juice of 2 limes
2 – 3 tsp home-made Fajita mix, see below (or use store bought)
Small pot (125g) full fat natural yoghurt
Small bunch chives
1 ripe avocado
80g mature cheddar, grated
4 large or 8 small wholegrain tortillas to serve (use corn tortillas for gluten free)
Half bunch fresh coriander, roughly chopped

Tomato salsa

3 cups fresh cherry tomatoes, quartered
Half bunch fresh coriander, finely chopped
Juice of one lime
1 tbsp extra virgin olive oil

Home-made fajita mix

4 tsp chilli powder
2 tsp smoked paprika
2 tsp onion powder
2 tsp black pepper
2 tsp cumin
Mix spices in a jam jar. Leftovers will keep for several weeks

Directions

1. Place the peppers, onions and chicken into a bowl, add the oil, most of the lime juice and the fajita mix and mix well. Leave to sit for 5 minutes if you have time and while you are waiting, pre-heat a griddle pan or large non-stick frying pan
2. Make the salsa by mixing the quartered tomatoes, coriander, lime juice and extra virgin olive oil in a bowl
3. Cook the veg and chicken mixture on the heated griddle pan on high heat for 7 – 8 minutes, turning every minute or two, until the chicken is cooked through. You may find it easier to cook this in two batches to avoid overcrowding the pan.
4. If using the beans, add after 3 or 4 minutes of cooking the veg
5. While this is cooking, half and destone the avocado, remove the flesh using a spoon, finely slice on a board or plate and sprinkle with the remaining lime juice and a pinch of salt
6. Pour the yoghurt into a bowl and using scissors snip in the chives and mix
7. Heat the tortillas in a microwave for 1 ½ - 2 minutes or 1 by 1 in in a dry frying pan for 15 – 20 seconds. Wrap in a clean tea towel to keep warm
8. To serve, place the tortillas, salsa, natural yoghurt, grated cheddar and sliced avocado on the table. Place the sizzling chicken and veg mix on a heat proof mat, sprinkle with roughly chopped coriander and allow everyone to serve themselves

We recommend adding at least one tin of black or kidney beans, even if using the chicken. It's a healthy, sustainable and cheap way to boost fibre and protein.