LET'S EAT!

CHICKEN FAJITAS

30 minutes

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Allergens: gluten, dairy

What is it?

Traditionally this is a dish made by Mexican ranch workers living in West Texas. Nowadays people all over the world take to their kitchens to make the meal their own, customising it with tasty toppings like sour cream, guacamole and cheese!

MAKE IT FUN!

Try experimenting with veggies to fill the wrap even more, like some mushrooms or courgettes! (Add them to the pan at the same time as the onions and peppers).

What you'll need:

	For 2 people	3 people	4 people
Self raising flour	300g	450g	600g
Chicken breast	2	3	4
Peppers	1	2	2
Onion	1/2	1	2
Paprika	1 tsp	1 tsp	1 tsp
Coriander	2 sprigs	2 sprigs	3 sprigs
Cheese	50g	75g	100g

You will also need 75ml of tap water per person

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:



Step 1:

Make your flatbread wraps; put most of the flour into a large bowl. Add the water a little at a time, using clean hands mix the dough until well combined. Kneed for around 5 minutes and divide into balls (2 per person). Sprinkle the leftover flour onto a clean surface and roll out each ball of dough with a rolling pin until you get a nice thin circle.

Step 2:

Heat a large frying pan over a medium heat and cook each wrap for around 2 minutes on each side and then transfer to a clean tea towel (to avoid them going soggy on a plate).





Step 3:

Slice the chicken into strips and put in a frying pan with a little oil until the chicken is sealed (white outside pink inside) - this should take around 5-10 minutes. Slice the onion and peppers and add to the pan with the chicken, keep stirring so nothing burns. Add the paprika and mix, cook for a further 10 minutes until the chicken is cooked through.

Step 4:

Grab your flatbread wraps from earlier, and lay them on your plate. Spoon your fajita mix into the middle and top with the coriander and cheese. Wrap up and tuck in!



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME 1 2 3 4 5 LET'S MAKE IT AGAIN!