



CHICKEN FAJITAS

Meat main-dish or Grab & Go: This recipe provides a portion of starchy food and a portion of meat. It counts towards the standards to provide a portion of starchy food and a portion of meat, fish, eggs, beans or other non-dairy sources of protein each day.

Recipe adapted from: EATS (East Anglian Taste for Schools)

Ingredients

11ml (1tbsp) vegetable oil
250g onions, peeled and sliced
4g (1 clove) garlic, peeled and chopped
500g chicken breast, diced
250g red pepper, deseeded and sliced
7.5g (2 tsp) ground cumin
2g (¾tsp) paprika
5g (1½tsp) turmeric
800g canned chopped tomatoes
650g 10 x 10" wraps for primary 6 x 12" wraps for secondary tortilla wraps

Method

1. Heat the oil in a large pan, add the onion and garlic and cook for 3-4 minutes until softened.
2. Add the chicken and cook until it turns golden.
3. Stir in the peppers and spices and cook for a further 2 minutes.
4. Add the chopped tomatoes and cook until most of the liquid has gone.
5. Warm the tortillas in a heated oven for 3 minutes.
6. Spread the chicken mixture over a tortilla. Fold up from the bottom edge and each side and roll up.

Serving suggestion: swap wraps for pitta bread or brown rice.



Number of portions this recipe makes:

10 primary servings (235g)
6 secondary servings (390g)



Prep: 10 minutes
Cook: 30 minutes



Allergy information:

Wheat (gluten)



Top Tips

For a vegetarian alternative, swap chicken for beans.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats and tortilla wraps / pitta bread with less than 1.0g salt per 100g.