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.