

# Fajitas: Shop Bought Wraps

## Ingredients:

- 25g Cheddar Cheese
- 2 Tortillas
- 1 Chicken Breast
- 1 Lime
- 1 Clove of Garlic
- 1 Chilli (Green or Red)
- 1 Dessert Spoon (10ml) Oil
- 1 Onion
- 1 Pepper (Any Colour)
- 1 Tomato (Optional)
- Salsa or Guacamole
- Small Bunch of Coriander (Optional)



Please bring a container to carry your fajitas home in.

## Method:

1. Weigh and measure out all ingredients accurately.
2. Prepare the marinade in a large bowl:
  - ◆ Juice the lime
  - ◆ Peel and crush the garlic
  - ◆ De-seed and slice the chilli
  - ◆ Chop the coriander
  - ◆ Stir everything together with the oil
2. On a red chopping board, remove any skin from the chicken and cut the chicken into even size strips. Mix in the marinade. Leave in the fridge until needed.
3. Prepare the remaining ingredients but remember to clean your knife and chopping board:
  - ◆ Use the bridge hold cutting method to slice the onion and pepper
  - ◆ Chop the tomato
  - ◆ Grate the cheese onto a plate
4. Add the marinated chicken to a large frying pan and place at the front of the hob. Stir-fry for about 4 minutes. Check that the chicken is cooked by using a food probe to ensure the core temperature is at least 75°C.
5. Add the onion and pepper and continue to cook for a further 3 to 4 minutes.
6. Warm the tortillas in a microwave for 20 seconds.
7. Spread a little guacamole / salsa in the centre of the tortilla. Add the grated cheese. Add the marinated chicken and vegetable mixture and some tomato (optional).
8. Roll up.



## Top Tips:

- ◆ Go for extra vegetables or kidney beans for a vegetarian alternative.
- ◆ Other types of meat could be used, e.g. thin strips of beef or turkey.