

Please make sure the chicken is well cooked !

# Fajitas

## Ingredients

1/2 lime  
1 clove garlic  
1/2 green chilli  
Small bunch coriander  
1 x 10ml spoon oil  
1 small chicken breast (or 3-4 thighs)  
1/2 onion  
1/2 green pepper  
1 tomato  
25g Cheddar cheese  
2 tortillas  
1 x 15ml spoon guacamole (or salsa), optional



## Equipment

Juice squeezer  
Garlic press  
2 chopping boards  
2 knives  
Small bowl  
2 spoons  
Weighing scales  
Grater  
Measuring spoons  
Frying pan



# Method

Please use claw-grip technique when slicing the chilli

1. Prepare the vegetables:
  - squeeze the lime;



- peel and crush the garlic;



- de-seed and slice the chilli;



- chop the coriander;



Please use two different knives/chopping boards for cutting the chicken and vegs

## Method

- stir everything together with the oil.



2. Remove any skin from the chicken and cut into strips. Mix with the marinade and place in the fridge, covered, until needed.



3. Prepare the remaining ingredients with a clean knife on a clean chopping board:
  - slice the onion and green pepper;



- chop the tomato;



Please make sure you wash, clean and dry all equipment .

## Method

- grate the cheese.



4. Add the marinated chicken to the wok or saucepan and stir-fry for about 4 minutes. Check that the chicken is cooked.



5. Add the onion and green pepper and continue to cook for a further 2 minutes.



6. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.

