

Chicken Fajitas

Ingredients

2 Chicken breasts

1 clove of garlic

1 small pepper (any colour)

1 small onion

1 tomato(optional)

25g of grated cheese

2 tortilla wraps

Fajita Seasoning (***supplied by the school***)

Guacamole or Salsa (**Optional**)

Suitable container to carry the prepared food in

Method

1. Peel and chop the onion, and garlic. Slice the peppers into strips.
2. Chop the tomato (if using) and grate the cheese.
3. Chop the chicken and cut it into strips and mix the chicken in the marinade.
4. Add the marinated chicken to the wok or frying pan 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.