

Fajitas Recipe

Ingredients	Method
<p>1 red pepper 1 medium red onion 1 skinless, boneless chicken breast 1 teaspoon smoked paprika A small pinch of ground cumin 2 limes 50 ml olive oil Freshly ground black pepper 4 flour tortillas (low-fat yoghurt, to serve guacamole, to serve Cheddar cheese, to serve)</p> <p>Optional: For the salsa 15 ripe cherry tomatoes ½-1 fresh red chilli A small bunch of coriander Freshly ground black pepper 1 lime 1 tablespoon extra virgin olive oil</p>	<ol style="list-style-type: none">1. Wash your hands, put on an apron, get out your ingredients and your equipment.2. Halve and deseed your pepper and cut it into thin strips.3. Peel, halve and finely slice your onion.4. Slice your chicken lengthways into long strips, roughly the same size as your pepper strips.5. Put the peppers, onion and chicken into a bowl with the paprika and cumin.6. Squeeze over the juice of half a lime, drizzle over the olive oil, season with a good pinch of pepper and mix well.7. Put to one side to marinate for 5 minutes or so while you make your salsa:8. Finely chop your chilli and roughly chop your tomatoes and the coriander, stalks and all.9. Put the chilli and tomatoes into a second bowl with a good pinch of pepper and the juice of 1 lime. Add extra virgin olive oil, then stir in your chopped coriander.10. Use a pair of tongs to put all the pieces of pepper, onion and chicken into your preheated pan to cook for 6 to 8 minutes, until the chicken is golden and cooked through.11. As the pan will be really hot, keep turning the pieces of chicken and vegetables over so they don't burn.13. Halve your remaining lime and squeeze the juices over the sizzling pan.14. If you are eating for lunch/break—divide the mixture between the 4 tortillas and add a spoonful of salsa.15. If you are taking home place your mixture in your container and put it in the fridge.

