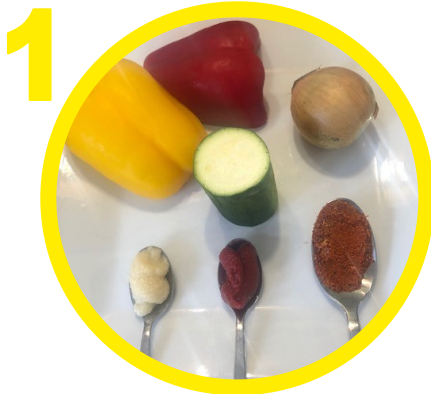


# How to... Chicken Fajitas

(Serves 2)

2 peppers (any colour), 1 small onion, ½ courgette, 1 teaspoon garlic purée, 1 teaspoon tomato purée, 1 tablespoon of fajita spice mix.



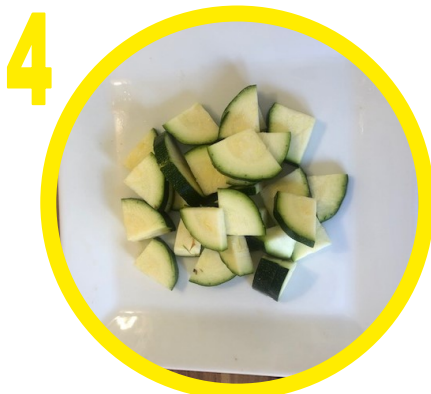
Collect ingredients.



Peel and chop onion.



Wash and chop peppers.



Wash and chop courgette.



Chop chicken into chunks, remember to wash your hands after touching raw chicken.



Place all the ingredients into a deep bowl, add fajita spice, garlic and tomato purée and mix well - set aside for 30 minutes.



Place a pot on a medium heat, add oil and ingredients, stir until chicken is fully cooked.



Heat all the tortilla wraps together in the microwave for 40 seconds.



Put tortilla wrap onto a plate, spoon mixture evenly down the centre, fold both sides.