

WHAT YOU NEED

- 2 small chicken breasts
- 2 peppers, any colour (deseeded)
- 1 onion
- ½ courgette
- 1 teaspoon of garlic purée or 2 cloves of garlic, chopped
- 1 teaspoon of tomato purée
- 1 tablespoon of fajita spice mix

How to Make Chicken Fajitas

Serves 2



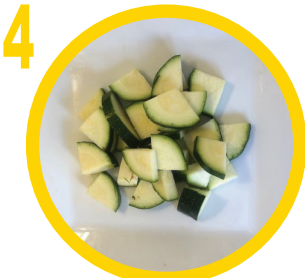
Collect ingredients.



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.