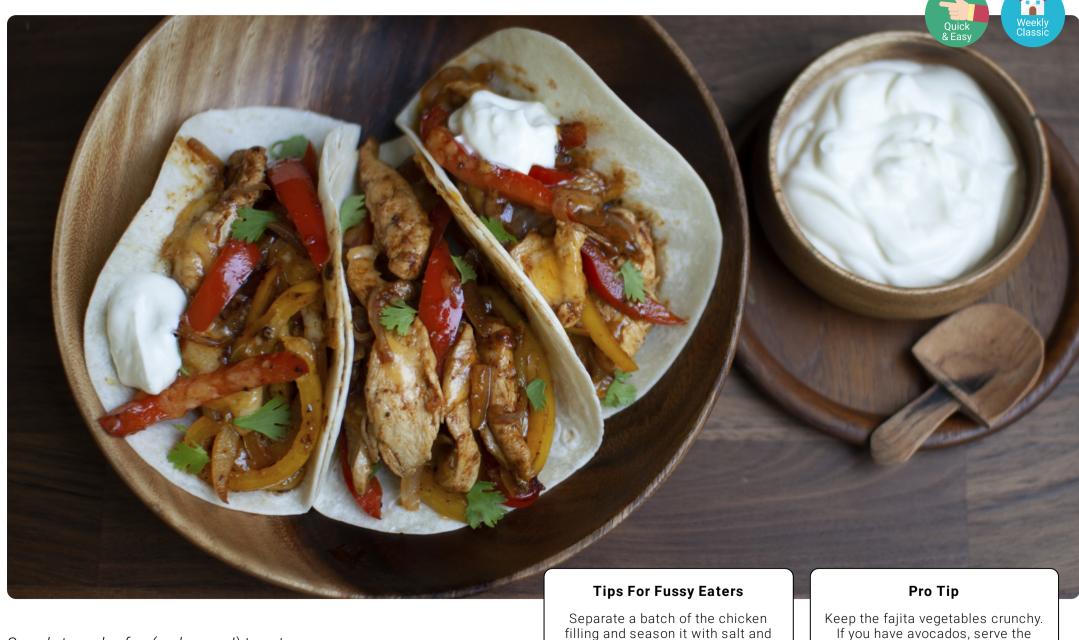
Cheesy Chicken Fajitas

with Sour Cream



pepper only (leaving the fajita

seasoning out). Don't forget the

cheese, though!

Speedy to make, fun (and messy!) to eat.

Cooking Time: 20 min

Cals 858 | Prot 69 | Carbs 69 | Fat 34

Keep the fajita vegetables crunchy.

If you have avocados, serve the
fajitas with avocado slices or
guacamole!

Ingredients For 2 For 3 For 4 **Fajitas** Chicken breast 500 600 450 Grams Red onion 1 2 Pieces Red pepper 1 2 2 Pieces 2 Yellow pepper 1 1 Pieces 2 3 Olive oil 4 Tbsp Fajita seasoning 15 20 20 Grams 20 30 40 Water MLSalt 1 2 Tsp Black pepper 0.5 1 Tsp Grated orange cheddar 90 120 120 Grams 6 9 12 8" tortilla wraps Pieces To serve Sour cream 120 120 Grams Fresh coriander 15 15 15 Grams







1 Prep filling

Slice the **chicken breasts** into long strips. Peel and finely slice the **onion**. Finely slice the **red** and **yellow** bell **pepper**.

2 Fry chicken

Heat a non-stick pan over a medium-high heat with a drizzle of oil. Once hot, add the **chicken** and fry for 3-4 min until golden and cooked through. Transfer the **chicken** to a plate and set aside.

3 Fry vegetables

Return the pan to a medium heat with a second drizzle of oil. Add the onion and peppers and fry for 3-4 min







4 Season

Return the **chicken** to the pan along with the **fajita seasoning (spicy!)** and a small splash of water. Fry, stirring, for 2 min or until the liquid has evaporated. Season with **salt** and **pepper**.

5 Add cheese

Sprinkle the **chicken** and the **vegetables** with the **grated cheddar**. Take the pan off the heat and cover with a lid. Set aside for a while until the cheese melts.

6 Serve

Heat the **tortilla wraps**. Load them with the cheesy **chicken** and **vegetable** filling. Serve with the **sour cream** and **fresh coriander** leaves.



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