



Tips For Fussy Eaters

Separate a batch of the chicken filling and season it with salt and pepper only (leaving the fajita seasoning out). Don't forget the cheese, though!

Pro Tip

Keep the fajita vegetables crunchy. If you have avocados, serve the fajitas with avocado slices or guacamole!

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

Cooking Time: 20 min

Cals 858 | Prot 69 | Carbs 69 | Fat 34

Ingredients

For 2 For 3 For 4

Fajitas

Chicken breast	450	500	600	Grams
Red onion	1	1	2	Pieces
Red pepper	1	2	2	Pieces
Yellow pepper	1	1	2	Pieces
Olive oil	2	3	4	Tbsp
Fajita seasoning	15	20	20	Grams
Water	20	30	40	ML
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Grated orange cheddar	90	120	120	Grams
8" tortilla wraps	6	9	12	Pieces

To serve

Sour cream	90	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.



Share Your #hellochef Pics With Us

www.hellochef.me
hello@hellochef.me
04-383-93-99