

Fajitas

Ingredients

- 1/2 lime- **get from school**
- 1/2 green chilli – **get from school**
- 1 clove garlic- **get from school**
- 1x15ml spoon coriander- **get from school**
- 1x10ml spoon oil- **get from school**
- 2 small chicken breast
- 1 onion
- 1 green pepper
- 4 tortillas
- 25g Cheddar cheese
- 1x15ml spoon guacamole (or salsa), optional

Complexity: medium - high



Equipment

Chopping boards, knives, juice squeezer, garlic press, mixing bowl, grater, wok or saucepan, measuring spoon, 2 metal spoons, weighing scales.

Method

1. Prepare the marinade:
 - squeeze the lime;
 - peel and crush the garlic;
 - de-seed and slice the chilli;
 - chop the coriander;
 - stir everything together with the oil.
2. Remove any skin from the chicken and cut into strips, ideally using a red board. Thoroughly wash and dry hands after touching the raw meat. Mix with the marinade and place in the fridge, covered, until needed.
3. Prepare the remaining ingredients with a fresh knife on a clean chopping board:
 - slice the onion and green pepper;
 - grate the cheese.
4. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.
5. Add the onion and green pepper and continue to cook for a further 2 minutes.
6. Spread a little chicken in the centre of the tortilla, add some cheese and guacamole (if using), then roll up.

Top tips

- Warm the tortillas in the microwave oven for 20 seconds.
- Go for extra vegetables for a vegetarian alternative.
- Other types of meat could be used, e.g. thin strips of beef or turkey.

Food skills

- Weigh.

- Measure.
- Juice.
- Slice.
- Mix and stir.
- Marinate.
- Grate.
- Stir fry.

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