

Homemade Fajitas

Ingredients:

- ❖ 1 cup of spinach
- ❖ 1 red onion
- ❖ 1 red capsicum
- ❖ 1 yellow capsicum
- ❖ 1 green capsicum
- ❖ 1 bunch of asparagus
- ❖ 3 x 100g chicken breast
- ❖ 1 tsp chilli flakes
- ❖ 1 tbsp. Moroccan seasoning
- ❖ 1 tsp. cumin
- ❖ 1 x pack of 8 tortilla wraps
- ❖ ½ cup extra light sour cream
- ❖ ½ cup of salsa
- ❖ ½ cup of guacamole
- ❖ Salt and pepper, to taste

Serves 4



Method:

To begin, slice the chicken into strips and season with Moroccan seasoning and cook in frying pan until golden brown. In the meantime, slice capsicum, onion and asparagus into strips and add to the frying pan and mix within chicken. Next add cumin and chilli flakes to give the fajitas extra flavour. If you enjoy spicy food you can also add some jalapenos in at this stage. Finally, season with salt and pepper as per your preferences.

Once all meat is cooked and vegetables are soft, transfer the mixture into a serving bowl and combine with baby spinach leaves. Before serving, heat up the tortilla wraps and place the sour cream, guacamole and salsa into 3 small serving bowls.