



Chicken or Beef Fajitas

Seasoned strips of grilled chicken or beef wrapped in flour tortillas with sour cream, lettuce and cheese. Guacamole, chopped tomatoes and chopped chillies can also be added depending on your tastes.

Serves : 4

Preparation Time : 30+ minutes marinating

Cooking Time : 15 - 20 minutes

Ingredients

4 chicken breasts or 1 lb / 450g beef skirt
juice of 1 lime
2 tbsp vegetable oil
2 peppers quartered and deseeded
1/2 iceberg lettuce, shredded
4 oz / 110g Cheddar cheese, grated

Herbs & Spices

2 tsp Coriander Leaf or 2 tbsp fresh Coriander Leaf
4 - 6 tsp Fajita Seasoning

Cooking Instructions

Cut the chicken or beef into thin strips. Place in a bag or bowl along with 1 tbsp oil, lime juice, fajita seasoning and the coriander. Mix well and leave to marinate for at least 30 minutes. The longer the better (if overnight, put in a fridge, but bring to room temperature before cooking).

Heat the grill and place the strips of meat under and cook quickly. Turn the meat at least once. The exact cooking time will depend on the thickness of your strips and, in the case of beef, your own preference for rare or well done. Make sure chicken is cooked through. Place meat on a plate to keep warm.

Brush the peppers with the remaining oil and grill for 5 -7 minutes, turning once, until soft. Cut into thin strips.

Heat the flour tortillas in a microwave for approx 30 seconds (if doing individually, they will only require a few seconds each). Place a few strips of meat and pepper on the tortilla. Sprinkle on some shredded lettuce and grated cheese. Add a few dollops of sour cream and roll the tortilla up. Serve immediately.