



CHICKEN FAJITAS WITH RED PEPPER SALSA



MINUTES TO PREPARE
10



MINUTES TO COOK
30



SERVES
5

INGREDIENTS

For the salsa:

- 1 tablespoon rapeseed oil**
- 1 red pepper, halved, cored and finely diced**
- 2 tomatoes, halved, seeds removed and skins finely diced**
- 1 clove garlic, peeled and chopped**
- 1 tablespoon sugar**
- 1 tablespoon cider vinegar**
- 1 teaspoon salt**
- Black pepper**

For the chive dip:

- 2 tablespoons greek yoghurt**
- 2 tablespoons mayonnaise**
- 1 handful chives, finely chopped**
- Juice of 1/2 lemon**
- Salt and pepper**

For the chicken:

- 3 chicken breasts, chopped in to small chunks**
- 1 teaspoon paprika**
- Juice of 1/2 lemon**
- Other ingredients:**
- Wholemeal wraps**
- Thinly sliced cucumber**
- Grated cheddar cheese**

LET'S GET COOKING

- 1 First, marinade the chicken. Mix together all the chicken ingredients in a bowl and set to the side for 30 minutes while you make the salsa and dip.
- 2 To make the salsa, place all of the ingredients in a frying pan and bring to the boil. Simmer for 10 minutes until all the juices have disappeared and the pepper and tomatoes are tender. Once cooked, add 1 tablespoon cold water to loosen if necessary and taste for seasoning.
- 3 Next, make the dip. Place all the ingredients in a bowl and mix. Taste for seasoning.
- 4 Finally, prepare the chicken. Heat 1 tablespoon rapeseed oil in a frying pan. Place the chicken chunks in the pan and cook over a medium heat for 7-10 minutes, or until the chicken is cooked through.
- 5 Assemble as you wish. Fold in the bottom end and roll!

"My children love these chicken fajitas and I love sitting with them knowing that they are squealing with excitement over a well balanced meal! I think there is an element of everyone being in control here. By choosing their own ingredients they take ownership of their meal, which I think for them, is half the fun.

I tend to buy mini wholemeal wraps from the supermarket as they are easier for my youngest children to handle, or feel free to make your own!"