

Chicken Fajitas

Ingredients:

4 chicken thigh fillets, sliced into strips

1 tablespoon tomato paste

2 teaspoons dried coriander

2 teaspoons dried cumin

2 teaspoons smoked paprika

1/2 teaspoon chilli flakes

2 peppers, thinly sliced

2 small onions, thinly sliced

Handful of coriander leaves

100ml hot chicken stock

Drizzle of vegetable oil

Pinch of salt

Pinch of sugar

Resources: mixing bowl, frying pan, saucepan, wooden spoon, knives, measuring jug, tablespoons, teaspoons, scales.

1. Get your ingredients and utensils ready.
2. In a bowl, combine the **ground cumin, ground coriander, smoked paprika, chilli flakes** 1 tsp **sugar** and a pinch of **salt**.
3. Mix all the spices together - this is your **fajita seasoning**.
4. Heat a large, wide-based pan (preferably non-stick) with a matching lid with a drizzle of **vegetable oil** over a medium heat
5. Once hot, add the **chicken strips** and cook for 3-4 min on each side.

6. Deseed the **peppers** (scrape the seeds and pith out with a teaspoon) and cut into thin strips (as finely as you can!).
7. Peel and finely slice the **onions**.
8. Finely chop the **coriander stalks** finely, reserving the leaves for garnish
9. Heat a separate, large, wide-based pan (preferably non-stick) with a drizzle of **vegetable oil** over a medium-high heat.
10. Once hot, add the **sliced pepper** and **onions** with a pinch of **salt** and cook for 6-7 min or until the peppers have softened .
11. Meanwhile, dissolve a **chicken stock cube** with the **tomato paste** in 100ml **boiled water**.
12. Add the **stock** to the **chicken pan** and cook, uncovered, for 7-8 min or until the chicken is cooked through and the liquid is reduced to a thick smoky sauce. Add a splash of lime juice to the finished dish.
13. Serve in a flour tortilla wrap with grated cheese, soured cream and a couple of spoonfuls of **avocado and tomato salsa** (see website for this delicious recipe!)