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Chicken Fajitas

Recipe by: Teresa C. Rouzer

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Ready in **40 min**

Picture by: Cheri

Chicken thighs are used in this recipe, but skinless breasts could be used instead. Be careful not to overcook, as the result could be rather dry chicken. Serve with warm flour tortillas, spicy salsa and soured cream.

Ingredients

Serves: 5

1 tablespoon Worcestershire sauce

1 tablespoon cider vinegar

1 tablespoon soy sauce

1 teaspoon chilli powder

1 clove garlic, minced

1 dash hot pepper sauce, such as Tabasco

675g (1 1/2 lb) boneless, skinless chicken thighs, cut into strips

1 tablespoon vegetable oil

1 onion, thinly sliced

1 green pepper, sliced

1/2 lemon, juiced

Preparation method

Prep: 30 min | Cook: 10 min

1. In a medium bowl, combine Worcestershire sauce, vinegar, soy sauce, chilli powder, garlic and hot pepper sauce. Place chicken in sauce, and turn once to coat. Marinate for 30 minutes at room temperature, or cover and refrigerate for several hours.
- 2.

Heat oil in a large frying pan over high heat. Add chicken strips to the pan, and sauté for 5 minutes. Add the onion and green pepper, and sauté another 3 minutes. Remove from heat, and sprinkle with lemon juice.

Nutrition

Calories 210.3 kcal

Total Fat 8.3 g

Saturated Fat 1.7 g

Salt 345.6 mg

Protein 27.6 g

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