

FAJITAS



INGREDIENTS (Serves 4)

- * 350g of frying steak or chicken breast
- * 1 red or yellow pepper
- * 1 green pepper
- * 1 small red onion
- * 1 clove garlic
- * Juice of half a lime
- * 1 tbsp vegetable oil

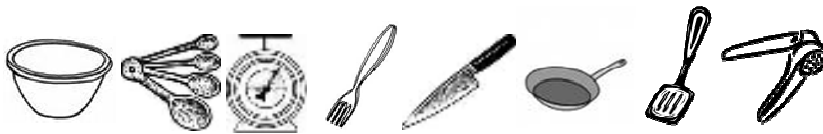
For the spice mix

- * 1 tsp ground cumin
- * 1 tsp smoked paprika
- * 1/2 tsp oregano
- * 1/2 tsp salt
- * 1/2 tsp pepper

Tasty alternatives...

- * add fresh chilli and coriander.
- * replace the red onion with white onion.
- * add some grated cheese for serving.

EQUIPMENT



Caution!

When working with raw meat, ensure your hands are washed before and after touching the meat.

METHOD

1. Mix all the spices together in a small bowl and set aside.
2. Finely slice the peppers into long strips and place in a bowl.
3. Peel the onion and cut in half, then slice thinly and add to the peppers.
4. Thinly slice the meat, place in a separate bowl and sprinkle with half the spice mixture and set aside.
5. Heat the oil in a frying pan over a medium heat, then add the peppers and onions and let them cook for a little while. Then sprinkle with the rest of the spice mix, fry for a further 2-3 minutes and then remove from the pan with a slotted spoon and set aside.
6. Turn the heat up to high and add the sliced meat, add a little more oil to the pan if required and cook for 3-5 minutes until almost cooked.
7. Use a garlic press to press the garlic and add to the meat, then add the vegetables back into the pan and cook for 1-2 minutes.
8. Turn off the heat and add the lime juice, serve with flour or corn tortillas, salsa and sour cream.

healthy facts...

- * meat is a good source of iron and protein.
- * pepper is an excellent source of vitamin C.
- * garlic contains allicin, which is believed to be a powerful anti-oxidant.

Taking care!

- * Always wash your hands
- * Keep equipment and surfaces clean

skills...

- * chopping safely with a knife
- * safety around heat
- * mixing