

## Fajitas



### Ingredients

4 chicken breast, cut into chunks  
olive oil, for frying

For the marinade

4 lime, juice only  
2 tsp fajita seasoning  
4 spring onion, finely sliced  
1 fat garlic clove, crushed

For the salsa

1 red pepper  
½ jar roasted pepper  
(we used Gaea Red Peppers Flame Roasted 290g)  
1 small apple, peeled  
4 ripe tomato  
½ lime, juice only  
small bunch coriander, leaves picked  
chilli sauce, to taste (optional)

For the guacamole

2 very ripe avocado, halved and stone removed  
½ lime, juice only  
grated cheese, to serve

To serve

6 - 8 tortillas  
(you can now get mini tortillas for smaller portions)  
soured cream (optional)

### Method

**Grown-ups:** Put the chicken and marinade ingredients in a bowl and cover. Put in the fridge for at least two hours.

**Easier:** If your children are 5 or over, you can get them to roughly chop the pepper, roasted pepper, apple and tomatoes for the salsa using a good quality firm plastic knife or cutlery knife. Otherwise do this yourself. Younger children can pick the leaves from the coriander and mix them into the salsa.

**Grown-ups:** Tip the salsa ingredients into a food processor, along with the lime juice and a little seasoning and pulse until finely chopped. Take out 2 large spoons of the mixture for younger children, then add chilli sauce, if using, and pulse again to combine.

**Easier:** Squeeze or spoon the avocado into a bowl and use a potato masher to mash it. Stir in the lime juice and some black pepper with a spoon. Lime juice can sting so grown ups may want to squeeze them for younger children.

**Easier:** Heat a little olive oil in a frying pan and pour the contents of the chicken bowl into the pan. Cook for 5- 8 minutes or until the chicken chunks are cooked through.

**Easier:** Put the grated cheese, salsa (for grown-ups and children), guacamole and sour cream in separate colourful bowls to put on the table.

**Grown-ups:** Heat the tortillas according to the pack instructions and put the cooked chicken in a bowl. Show children how to fill and roll their tortilla.

**Easier:** Lay out your tortilla, choose your toppings, roll them up and eat!