

HOME LEARNING

Year 11- Home Learning 7

CHICKEN FAJITAS

Equipment you will need ; 2 x chopping boards, vegetable knife, sharp knife, scissors, small basin, frying pan, wooden spoon.

Ingredients

- 1 tbsp oil – frying pan
- ½ 1 red onion, thinly sliced – chopping board
- ½ red pepper, cored, deseeded and thinly sliced – chopping board
- ½ yellow pepper, cored, deseeded and thinly sliced – chopping board
- 225g chicken breasts, skinned and cut into thin strips – chopping board
- pinch paprika – small basin
- pinch mild chilli powder – small basin
- pinch cumin – small basin
- pinch dried oregano – small basin
- 4 soft wholemeal tortillas



Method

1. Preheat the oven to 180C /Gas 4.
2. Slice the chicken into thin strips.
3. Cut the peppers and onion into thin strips.
4. Heat the oil in a large frying pan
5. Add the onion and peppers and stir-fry for 3-4 minutes.
6. Add the chicken, paprika, chilli powder, cumin and oregano and cook for 5 minutes, or until the chicken is cooked through.
7. Meanwhile, wrap the tortillas in foil and warm them in the oven for 5 minutes.
8. Spoon one-quarter of the chicken mixture into the centre of each tortilla, add a couple of tablespoons of salsa
9. Roll up and serve warm.

Recipe Evaluation

Method



Taste

1	2	3	4	5
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