

Chicken fajitas with salsa and guacamole... Serves 2

Ingredients:

1 small red peppers
1 small red onions
100g chicken breast
1 small pinch of ground cumin
½ teaspoon smoked paprika
1 lime
2 large tortilla wraps
10g grated cheese

2 tablespoons yogurt
For salsa:
1 fresh red chilli
10 cherry tomatoes
1 bunch of fresh coriander
For guacamole:
1 ripe avocado



olive oil sea salt and freshly ground black pepper:

To prepare your chicken and vegetables • Deseed and cut the peppers into ½cm strips • Peel and roughly slice the onions and add to a large mixing bowl with the sliced pepper • Carefully slice the chicken lengthways into long strips, roughly the same size as the pepper • Add the chicken to the bowl along with the cumin and paprika • Using a clean chopping board and knife, cut the limes in half • Squeeze the juice from half a lime over the chicken and vegetables • Drizzle 1 tablespoon of olive oil over the chicken, then mix well • Season with black pepper, then toss together • Put to one side to marinate for 5 minutes while you make your salsa

To make your salsa • Deseed and finely chop the chilli • Roughly chop half the tomatoes • Roughly chop half the coriander, stalks and all • Scrape the chilli, tomatoes and coriander into a small bowl • Season lightly with sea salt and black pepper • Squeeze over the juice of half a lime • Mix together, then have a taste and add a squeeze more lime juice, if you think it needs it

To make your guacamole • Halve and destone the avocado • Spoon the avocado flesh into a bowl, discarding the skin • Squeeze over the juice of half a lime • Add a little chopped chilli and a couple of chopped tomatoes • Chop and mix everything together until really fine • Have a taste and add a little more lime juice, if you think it needs

To cook your chicken and vegetables

Put a frying pan on a high heat to warm up • Add all the pepper, onion, and chicken pieces • Cook for 6 to 8 minutes, stirring continuously until the chicken is cooked through

To build and serve your fajitas • Warm the tortillas up in a microwave, then divide them between your serving plates • Share the chicken and vegetables out between your tortillas • Crumble over the cheese • Serve with the yoghurt, salsa and guacamole in little bowls in the middle of the table so everyone can help themselves and wrap up their own fajita.

Photo