

Chicken fajitas with tomato salsa

Serves 4



PROJECT FOOD
FROM HALFF

Ingredients

For the tomato salsa

1 small red onion, finely chopped
425g/15oz tomatoes, chopped
2 garlic gloves, crushed
Handful fresh coriander, chopped (optional)
Black pepper

For the tortillas

Makes 4 if using a large frying pan, 6 if using a small one
200g/7oz plain or use 1/2 plain and 1/2 wholemeal
100ml warm water
2 tablespoons olive oil, plus a bit extra for cooking

For the chicken

1 tbsp olive oil
1 red onion, sliced
2 red or yellow peppers, sliced
450g/1lb chicken breast, cut into thin strips
Pinch cumin
Pinch paprika
Pinch chilli powder (optional)
1/2 lettuce, shredded



You can of course use shop bought tortillas for this recipe, but the homemade ones are great fun to make, and far healthier!

Method

1. For the salsa, mix the onion, tomatoes, garlic and coriander in a bowl. Season with the black pepper. Cover and leave to rest in the fridge until the fajitas are ready.
2. For the tortillas, mix the ingredients together in a bowl with your hands and once combined, knead for around 5 minutes. You can then use your dough straightaway or leave to rest for 30 minutes or so.
3. Once you are ready to cook your tortillas, divide into 4 to 6 pieces, depending on the size of your frying pan and roll out each piece of dough on a lightly floured surface into as much of a circle as you can manage!
4. Oil the frying pan lightly. A good way to do this is to oil a piece of kitchen roll and rub this over the inside of the frying pan. Put your dough in the pan and cook for about 2 minutes on each side. Keep warm wrapped in foil or a tea towel in a very low oven while you cook the chicken.
5. For the chicken...heat the oil in a frying pan or wok and add the onion and peppers. Cook for 4 minutes.
6. Add the chicken and whichever spices and herbs you are using and cook for a further 5 minutes.
7. Assemble by putting some chicken mixture, salsa and shredded lettuce into the tortilla, roll up and serve.

Homemade Guacamole



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Ingredients

- 1 avocado
- 1/2 small red onion, finely chopped
- 1/2 clove garlic, finely chopped
- 1/2 ripe tomato, finely chopped
- 1 lime, juiced
- Salt and freshly ground black pepper to taste
- Fresh coriander, finely chopped (optional)
- Fresh chilli or chilli powder (optional)

Method

1. Mash avocados in a medium serving bowl.
2. Stir in onion, garlic, tomato and lime juice.
3. Season with salt and pepper to taste.



Top topping tips...

- Try topping your fajitas with some reduced fat sour cream or grated cheese.
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- Guacamole goes really well with fajitas—just mash a ripe avocado with a chopped tomato, add lime juice, chilli and coriander. You can also buy guacamole in supermarkets, but watch out for high salt and sugar contents. Or, just add some chopped avocado on it's own.
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- A squeeze of lime juice will give you fajitas an extra zing!