

Family-friendly Fajitas

RECIPE PROVIDED BY
~ Amy, UK



Fajita Ingredients

- 1 ripe banana
- 3 tbsp olive oil
- 1 heaped tbsp smoked paprika
- 1 tsp ground coriander
- ½ tsp ground cumin
- 2 tsp garlic granules
- juice of ½ lime
- 3 large chicken breasts, cut into 1cm (½in) wide strips
- 1 red onion, finely sliced
- 1 red (bell) pepper, finely sliced
- 1 yellow (bell) pepper, finely sliced
- 6 large tortillas or 10 soft small (recommended) tortilla wraps

Optional Toppings

- Grated mozzarella cheese
- Full-fat greek-style yogurt or sour cream
- Crunchy thinly sliced lettuce
- Pizza sauce (kids) or Salsa (adults)
- Small cubed cucumber and tomato salad (seasoned to taste)
- Chopped chillies (adults)
- Guacamole (see recipe below)

Guacamole Ingredients

- 2-3 ripe small avocados, or 1 large avocado, flesh removed
- juice of ½ lime
- small bunch of coriander/cilantro (optional)
- 1tbsp Full-fat greek-style yogurt or sour cream
- freshly ground black pepper corns or powder - to taste (optional)
- salt - to taste (optional)

Directions

1. Preheat your oven to 180°C.
2. Mix the olive oil, spices, garlic and lime juice together in a large bowl. Add the chicken strips, onion and peppers. Stir and set aside while you make the guacamole.
3. Add all the guacamole ingredients to a blender, reserving a few coriander leaves to garnish, and blend until smooth. Transfer to a serving bowl and sprinkle with the reserved coriander leaves and a little black pepper (optional). Set aside until ready to serve.
4. Take the tortilla wraps and encase in a big sheet of kitchen foil. Place on a tray and pop in the preheated oven for 10-15 minutes or until you're ready to serve – this will warm the wraps and make them lovely and soft, and easier to roll around your filling.
5. Heat a large griddle or non-stick frying pan over maximum heat. Once searing hot, add the marinated chicken and veg, spreading it out so every piece is touching the base of the hot pan. Let it cook for 3 minutes before using a spatula to stir and flip every piece of chicken, onion and pepper. Cook for 5–8 minutes or until the chicken is fully cooked and the onion and peppers have softened. Ensure to keep moving everything around so it doesn't catch. If your griddle pan is small, you may need to cook it in two batches. To check the chicken is cooked, tear open a thick piece of chicken – if you see any pink meat inside, it needs a little more cooking; it should be white and stringy once done.
6. Ready to serve...
 - To serve to baby, plate up the fajitas de-constructed. The chicken and veg is already cut into strips. Cut a quarter of a wrap into strips for baby to dip into the yogurt and guacamole.
 - To serve to the big kids, make up wraps with a spoonful of yogurt (or pizza sauce) and guacamole in the center.

Top with the cooked chicken and veg and a little sprinkling of cheese. Fold in the sides of the wrap, then roll up so all the filling is enclosed. Cut in half and serve with a little picky salad on the side and more dips to dunk.

- To serve to adults, make up wraps with a spoonful of yogurt/sour cream followed by crunchy lettuce (optional) and layer the chicken, cheese and topped off with some salsa/guacamole/chillies.