



## CHICKEN FAJITAS- serves 2

ALTERNATIVES (GLUTEN FREE G.F, MEAT FREE M.F, LACTOSE FREE L.F)

**Marinade:** (Note: You can also purchase a pre-made Fajita seasoning in the Spice section for \$2-\$3)

- 1/2 cup / 32.5 ml lime juice
- 1/2 cup / 32.5 ml orange juice
- 1 tbsp olive oil
- 1 tsp garlic *minced*
- 1/2 tsp cumin powder
- 1/2 tsp salt
- 1/4 tsp black pepper

### Fajitas:

- 350g skinless chicken thighs or 1 large chicken breasts (Tofu, Lentils, TVP, - MF)
- 1 tbsp olive oil
- 1 ½ or 2 small capsicums
- 1/2 large onion or 1 small onion

### To Serve:

- 4-6 small tortillas (G.F tortillas- G.F)
- 1/2 avocado
- Sour cream (L.F sour cream- L.F)

### Equipment:

- Large mixing bowl
- Chopping Board
- Sharp Knife
- Deep Fry Pan/ Skillet or Large Saucepan/ Pot
- Plate

**Method:**

1. Place Marinade ingredients in a large bowl and mix. Add chicken, toss well to coat. Marinade for 1 hour to 24 hours (or freeze immediately then defrost overnight).
2. Prepare chicken and vegetables for recipe: Slice each chicken breast horizontally to create two thinner fillets, slice onion and capsicum to desired size.
3. Use 2 frypans to cook the chicken and vegetables at the same time, if you can.

**Vegetables:**

1. Heat 1 tbsp oil in a large frypan over high heat ensuring pan is hot before cooking ingredients. Add vegetables to cover the base of the pan in a single layer without too much overlapping. Spread out, leave for 45 seconds (to char it).
2. Toss quickly then spread out. Sprinkle with salt and pepper. Leave 45 seconds, toss then spread out, then leave 45 seconds. Remove onto platter and repeat with remaining Vegetables.

**Chicken:**

1. Heat 1 tbsp oil in a large frypan over medium high heat. Add chicken and cook for 3 to 4 minutes until caramelised. Turn and cook the other side for 3 – 4 minutes.
2. Remove onto a plate, cover loosely with foil. Rest for 3 minutes then slice.

**To Serve:**

1. Warm tortillas by placing on frypan singularly and toasting for 1 minute on each side on a low heat or placing on a plate in single piles and cooking in microwave for 30 seconds to 1 minute.
2. Pile capsicum and onion onto tortilla. Top with chicken, drizzle with sour cream, squeeze over lime juice. Fold, devour and enjoy!

**Nutritional Tips:**

- A great way to add more vegetables—chargrill your favourites like mushrooms, spinach, and shredded cabbage.
- Shredded carrot and zucchini work well and add extra fibre.
- Use whole wheat or corn tortillas, or swap them for iceberg lettuce wraps for a gluten-free option.
- Canned beans, especially black beans, are a budget-friendly protein source—swap out the chicken or use both.
- Replace sour cream with low-fat sour cream, low-fat Greek yoghurt, or plant-based Greek yoghurt for a healthier alternative.
- Reduce oil by using water in the marinade and cooking the chicken with less oil or water—the natural moisture in the chicken helps it cook
- An oil spray bottle is an affordable way to cut down on oil—available for around \$7 at Kmart.



### Storage Information:

#### In the Fridge:

- Up to 3–4 days
  - Store the **cooked chicken and veggies** in an airtight container.
  - Keep toppings (like sour cream, salsa, guac) separate.
  - Reheat until steaming hot before serving.

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#### In the Freezer:

- **Best within 2–3 months**
  - Freeze just the **cooked chicken and peppers/onions**—skip tortillas and fresh toppings.
  - Use freezer-safe containers or zip-top bags (flatten for easy storage).
  - Label with the date.

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#### Reheating Tips:

##### From Fridge:

- Stovetop: Reheat chicken and veggies in a pan over medium heat for best texture.
- Microwave: Heat in short bursts, stirring occasionally.

##### From Frozen:

- **Thaw overnight** in the fridge for best results.
- Or heat from frozen in a covered pan over low-medium heat, adding a splash of water or broth to loosen it up.

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#### Bonus Tip:

- Warm tortillas fresh to keep them soft—don't freeze them with the filling.
- You can also prep a **fajita kit**: freeze seasoned raw chicken and sliced peppers/onions together in a bag, then cook fresh when needed!

### Recipe Credit:

Nagi Maehashi

<https://www.recipetineats.com/chicken-fajitas/>



## Nutritional Information:

Chicken Fajitas		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
<b>Energy</b>	3711.5 kJ	43 %
<b>Protein</b>	52.5 g	105 %
<b>Fat, total</b>	44.4 g	63 %
- saturated	13.5 g	56 %
<b>Carbohydrate</b>	60.7 g	20 %
- sugars	14.2 g	
- lactose	2 g	
- galactose	0 g	
- starches	38.3 g	
<b>Dietary Fibre</b>	9.3 g	31 %
<b>Sodium</b>	929.4 mg	40 %
<b>Vitamin C</b>	131.1 mg	
<b>Vitamin A</b>	228.3 µg	
<b>Calcium</b>	248.4 mg	
<b>Iron</b>	5.3 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <input type="checkbox"/>		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>