

## Chicken and Vegetable Fajitas



### Ingredients

50g Chicken Breast (if you are vegetarian, use tofu instead, or just don't include chicken)

½ Onion

1 Clove Garlic

1 Piece of Pepper

1 Piece of Courgette

2 Baby Corn

5ml Oil

Pinch Fajita Seasoning (or Chilli Powder)

Pinch Oregano

1 Tortilla

25g Cheese

### Method

1. Set out equipment and collect ingredients.
2. Slice chicken. Remember to clean your hands, chopping board and knife before preparing anything else.
3. Prepare Vegetables: • Peel and chop onion and garlic • Wash and slice pepper, courgette and baby corn
4. Heat oil in the frying pan to a medium heat, add the chicken until white all over. Then add the onion, garlic, pepper and baby corn and stir fry for minutes or until the vegetable are soft.
5. Turn the heat down and add the courgette, oregano and fajta seasoning. Stir together and cook for a further 2 minutes.
6. Place tortilla on a chopping board, spoon the chicken and vegetable mixture into the centre of the tortilla, sprinkle with cheese and wrap up.