



Chicken fajitas

none | serves serves 2

Fajitas are basically Mexican-style wraps. A griddle pan gives the nice, charred effect you want with fajitas, but you can also use a large pan or wok. If you use a griddle pan keep the ingredients moving about so that nothing burns or sticks to the bottom.

Bookmark:

 [delicious](#)  [digg](#)  [facebook](#)  [stumble upon](#)

ingredients

- 1 red pepper
- 1 medium red onion
- 1 skinless, boneless chicken breasts, preferably higher welfare
- 1 teaspoon smoked paprika
- a small pinch of ground cumin
- 2 limes
- olive oil
- freshly ground black pepper
- 4 flour tortillas
- good-quality low-fat natural yogurt, to serve
- guacamole, to serve
- Cheddar cheese, to serve

For the salsa

- ½-1 fresh red chili, to your taste
- 15 ripe cherry tomatoes
- a small bunch of fresh coriander
- freshly ground black pepper
- 1 lime
- extra virgin olive oil

To prepare your fajitas



- Put your griddle pan on a high heat
- Halve and deseed your pepper and cut it into thin strips
- Peel, halve and finely slice your onion



- Slice your chicken lengthways into long strips, roughly the same size as your pepper strips
- Put the peppers, onion and chicken into a bowl with the paprika and cumin
- Squeeze over the juice of half a lime, drizzle over a lug of olive oil, season with a good pinch of pepper and mix well



- Put to one side to marinate for 5 minutes or so while you make your salsa
- Finely chop your chili
- Roughly chop your tomatoes and the coriander, stalks and all



- Put the chili and tomatoes into a second bowl with a good pinch of pepper and the juice of 1 lime
- Add a good lug of extra virgin olive oil, then stir in your chopped coriander

To cook your fajitas



- Use a pair of tongs to put all the pieces of pepper, onion and chicken into your preheated pan to cook for 6 to 8 minutes, until the chicken is golden and cooked through
- As the pan will be really hot, keep turning the pieces of chicken and vegetables over so they don't burn – you just want them to lightly chargrill to give you a lovely flavor
- Give the pan a little love and attention and you'll be laughing
- Warm your tortillas up in a microwave or a warm dry pan

To serve your fajitas



- Divide your warmed tortillas between your serving plates
- Halve your remaining lime and squeeze the juices over the sizzling pan
- At the table, carefully help yourselves to the chicken and vegetables straight from the hot griddle pan
- Just be sure to put it down on top of something that won't burn, like a chopping board
- Serve with pots of yogurt and guacamole alongside your Cheddar, a grater and your lovely fresh salsa

