



### **Fajitas**

- I love these , great for a colourful dish and quick to make
- You can prepare your marinade the night before or a few hours before cooking for flavours to develop
- Use chicken / lean beef / tofu / chick peas and plenty of vegetables to bulk out!

### **INGREDIENTS:**

#### **Spices Mix**

**Options or use your own variation:**

**In a bowl create your marinade:**

- Nutritional Yeast 1 tbsp (**optional – good to add for vegetarians – b12**)
- Sea Salt
- Black Pepper
- Chili powder
- Paprika
- Garlic powder
- Dried Oregano
- Chilli flakes
- Olive Oil
- Tomato Puree OR ½ tin of chopped tomatoes (**optional**)

#### **Protein Options**

- Tofu – Add into marinade and leave for a few hours / overnight
- Chicken Breast – Add into marinade and leave for a few hours / overnight
- Beans / Pulses



### **Dice Into Strips: (Choose Your Own Types of Veg)**

- Peppers (red , yellow, green)
- Baby Corn sliced
- 1 x red or yellow onion
- Courgette cut into slices
- Mangetout
- Slices of carrot

### **METHOD:**

- Use 2 x tbsp of olive oil and heat the pan.
- Saute the vegetables first then add your chicken
- If using TOFU you can add at the end as it does not need much cooking but it will benefit for leaving longer in the marinade the night before.

### **SERVE WITH:**

1. Traditionally with a flour tortilla (2 per person)
2. 60g Rice preferably mix of brown / wild / white
3. Cauli Rice
4. Lettuce Cups