



# LIFELINE RECIPES

March 2022



Need a simple, vibrant midweek meal the family will love? Put together these easy chicken fajitas and people can create their own masterpieces at the table.

## METHOD

Heat oven to 200C/180C fan/gas 6 and wrap 6 medium tortillas in foil.

Mix 1 heaped tbsp smoked paprika, 1 tbsp ground coriander, a pinch of ground cumin, 2 crushed garlic cloves, 4 tbsp olive oil, the juice of 1 lime and 4-5 drops Tabasco together in a bowl with a big pinch each of salt and pepper.

Stir 2 finely sliced chicken breasts, 1 finely sliced red onion, 1 sliced red pepper and 1 finely sliced red chilli, if using, into the marinade.

Heat a griddle pan until smoking hot and add the chicken and marinade to the pan.

Keep everything moving over a high heat for about 5 mins using tongs until you get a nice charred effect. If your griddle pan is small you may need to do this in two batches.

To check the chicken is cooked, find the thickest part and tear in half – if any part is still raw cook until done.

Put the tortillas in the oven to heat up and serve with the cooked chicken, a bag of mixed salad and one 230g tub of fresh salsa.



## CHICKEN FAJITAS

### PREPARATION TIME:

15 mins

### COOKING TIME:

10 mins

### SERVES:

3

## INGREDIENTS

2 large chicken breasts, finely sliced

1 red onion, finely sliced

1 red pepper, sliced

1 red chilli, finely sliced (optional)

### FOR THE MARINADE

1 heaped tbsp smoked paprika

1 tbsp ground coriander

pinch of ground cumin

2 medium garlic cloves, crushed

4 tbsp olive oil

1 lime, juiced

4-5 drops Tabasco

### TO SERVE

6 medium tortillas

bag mixed salad

230g tub fresh salsa