






Cooking Made Easy

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## Chicken Fajitas with Homemade Guacamole

Not so long ago dinner time used to be a very solitary occasion. Everybody had their own plate of food and woe betide anyone who should try to steal a potato from someone else's plate. Slowly but surely our experiences of foreign cuisine warmed us up to the idea of 'sharing food' and nowadays it's all the rage. With that in mind we put together this healthy chicken fajita dish with a DIY element added for a bit more fun (and ultimately a lot less work!). Remember: sharing is caring :-)



45 min



family box



lactose free



spicy



Red Onion (½)



Red Chilli (1)



Coriander (5 tbsp)



Baby Gem Lettuce (2)



Baby Plum Tomatoes (1 punnet)



Red Pepper (2)



Chicken Breasts (3)



Avocado (1)



Lime (1)



Ground Cumin (2 tsp)



Flour Tortilla (8)

## Ingredients

	2P	4P
Red Onion	-	½
Red Chilli, diced	-	1
Coriander, chopped	-	5 tbsp
Baby Gem Lettuce, chopped	-	2
Cherry Tomatoes, chopped	-	1 punnet
Red Pepper, chopped	-	2
Chicken Breasts	-	3
Avocado	-	1
Lime	-	1
Ground Cumin	-	1 tbsp
Wholemeal Tortilla <b>1</b>	-	8

🍷 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

## Allergens

1) Gluten

**Nutrition per serving:** Calories: 694 kcal | Protein: 43 g | Carbs: 80 g | Fat: 20 g | Saturated Fat: 5 g



**1** Peel and dice a quarter of your onion very finely before cutting your other quarter into thin slices. Finely dice as much chilli as you dare, roughly chop your coriander, your baby gem lettuce, your tomatoes and your peppers. Finally, cut the chicken into thin strips.



**2** Cut your avocado in half lengthways around the stone in the middle. Give it a twist and pull it apart. You should have two neat halves. Remove the stone and scoop the flesh into a bowl. Scrape the inside of the skin to give your guacamole a vibrant green colour.



**3** LH: *Thoroughly mash the avocado with a fork. Mix in the diced red onion (we'll use the slices for something else later), as well as a pinch of the red chilli and a pinch of salt and pepper. Lastly, mix in a little squeeze of lime juice and a bit of zest, before keeping all this to the side.*



**4** LH: *In another bowl mix your cherry tomatoes with a teaspoon of olive oil, a pinch of salt and pepper and a couple of tablespoons of your chopped coriander. Now pre-heat your oven to 100 degrees.*

**5** Cook your peppers and sliced onion in 2 tsp of olive oil on high heat in a large non-stick pan. After around 4 mins they will have gone soft. Season them with a pinch of salt and pepper, remove them from the pan and keep them to the side.

**6** Heat 1 tsp of olive oil in the same pan and brown off the chicken in batches. Once browned off, mix all the chicken and the peppers in the pan with the remaining chilli, the cumin, 2 tbsp of water and a squeeze of lime. Cook whilst warming the tortillas.

**7** Put your tortillas on a plate. Cover them with another plate and put in the oven for a few mins to warm them up. **Tip:** *Make sure when you take them out you've got some oven gloves on ;-)*

**8** Serving is the fun bit. Put the chopped lettuce in a bowl and the chicken mixture in another. Serve this with the tomato salsa and the guacamole in their bowls and the tortillas on the side. Let everyone dig in and make their own. Andale!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!