






**More Than Food**  
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## DIY Vegetarian 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 fajita dish with a DIY element added for a bit more fun. Remember: sharing is caring :-)

 35 mins

 spicy

 lactose free



Red Pepper



Yellow Pepper



Red Onion



Red Chilli



Aubergine



Lime



Ground Cumin



Cherry Tomatoes



Baby Gem Lettuce



Coriander




Avocado



Wholemeal Tortilla

## Ingredients

	2P	4P
Red Pepper, sliced	1	2
Yellow Pepper, sliced	1	2
Red Onion, sliced	1	2
Red Chilli, chopped	1 tsp	2 tsp
Aubergine, chopped	1	2
Lime	½	1
Ground Cumin	½ tbsp	1 tbsp
Cherry Tomatoes, quartered	½ punnet	1 punnet
Baby Gem Lettuce, chopped	1	2
Coriander, chopped	3 tbsp	5 tbsp
Avocado	1	2
Wholemeal Tortilla <b>1</b>	4	8

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

## Allergens

1) Gluten

**Nutrition per serving:** Calories: 629 kcal | Protein: 20 g | Carbs: 103 g | Fat: 19 g | Saturated Fat: 5 g



**1** Pre-heat the oven to 220 degrees. Remove the core from the peppers and cut them into 1cm thick slices. Peel the onion, finely chop a tsp of onion and cut the remainder into slices. Chop your chilli. Cut the aubergine in half lengthways, then cut the two pieces in half again. Remove a bit of the spongy white part in the middle (as in the picture) before chopping it into 2cm chunks. Grate the zest of your lime and set aside.



**2** Mix the peppers, red onion slices (not the bit you diced), aubergine and three quarters of the chilli in a bowl with a tbsp of olive oil, the cumin, some ground pepper and ¼ tsp of salt.

**3** Roast the vegetables on the top shelf of the oven for around 20 mins, or until they have gone a little crispy around the edges.



**5** Slice lengthways through the avocado until you reach the stone inside. With the knife still against the stone turn the avocado round to cut through the remaining flesh. Twist it, pull the two halves apart and scoop out the insides into a bowl. Scrape the vibrant green skin inside too.

**6** Add a tsp of the finely diced red onion, the remaining chilli, a bit of lime zest, a squeeze of lime juice and a pinch of salt and pepper to the avocado and mash everything together with a fork. Remember: lumpy guacamole is rustic guacamole.

**7** Once the vegetables have crisped up a little around the edges, take them out of the oven and transfer them to a bowl ready to make your fajitas.



**4** Chop the tomatoes into quarters, roughly chop the lettuce and coriander and combine together. Drizzle over a tsp of olive oil, a little squeeze of lime and some salt and pepper.

**8** You can warm up your tortillas in the oven for a couple of mins (or a few seconds in the microwave), then serve the salad, vegetables and guacamole into separate bowls, so that you can make your own fajita at the table.

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