

Super Seeded Chicken Fajitas

🍷 2 servings

537 Kcal / serving

47g Protein 21g Fat 41g Carbs

Ingredients

- 2 (300g) - **Skinless chicken breast fillets**
- 4 tablespoons (60g) - **Natural yoghurt**
- 1 teaspoon (5g) - **Mild chilli powder**
- 1 teaspoon (5g) - **Ground cumin**
- 1 teaspoon (5g) - **Smoked paprika**
- 1 - **Red onion**
- 1 (150g) - **Red pepper**
- 150g - **Mangetout**
- 2 - **Scallions**
- 50g - **Cherry tomatoes**
- 1 tablespoon (15g) - **Rapeseed or olive oil**
- 2 small (40g each) - **Wholewheat wraps**
- 30g - **Baby spinach leaves**
- 2 teaspoons (10g) - **Toasted sesame seeds**
- **Freshly ground black pepper**
- **Handful fresh coriander leaves, to garnish (optional)**



The Method

Cut the chicken into thin strips and place in a bowl with half the yoghurt and the spices, then season with pepper, stirring to combine. This can be used immediately or left in the fridge for up to 2 days for the flavours to develop.

Cut the onion in half, then peel and cut into slices. Remove the core from the red pepper and thinly slice. Cut the mangetout into slices. Trim and thinly slice and scallions. Dice the cherry tomatoes and season with pepper.

Heat a non-stick wok over a high heat. Add the oil and then tip in the marinated chicken strips and sauté for 2-3 minutes until lightly golden. Add the onion, red pepper and mangetout and stir-fry for another minute or two until tender, drizzling over a tablespoon of water which still helps steam fry the vegetables. Test with a small knife to ensure the chicken is cooked through.

Heat the wraps on a non-stick frying pan for about 20 seconds on each side. Put the wraps on plates and spread over the yoghurt. Divide the spinach between them and scatter the scallions and cherry tomatoes on top. Add the chicken and vegetable mixture and sprinkle over the sesame seeds. Scatter over the coriander, if liked to serve.

🌱 Suitable for vegetarians if a plant-based alternative is used instead of chicken