

Chicken fajitas with sour cream & salsa

(Serves 2)

Ingredients

- 1 tsp Chilli powder
- 1/2 tsp Cayenne Pepper
- 1/4 tsp Cumin, ground
- 1 tsp Sugar, brown
- 1/8 tsp Black pepper
- 200g Chicken Breast fillets
- 1 tbsp Oil, Olive, napolini
- 200g Onions, sliced
- 1 med Pepper, red, de-seeded & sliced
- 1 med Pepper, yellow, de-seeded & sliced
- 1 med Pepper, green, de-seeded & sliced
- 4 small Tortilla wraps, wholewheat
- 2 tbsps Sour cream (reduced fat)
- 2 tbsps Salsa

Preparation

1. Combine spices, sugar & black pepper. Coat chicken.
2. Cook in George foreman style grill (brushed with a bit of the oil) for 6 mins or until fully cooked. Cut into strips.
3. Whilst chicken cooking, heat remaining oil in wok or large frying pan.
4. Fry onions & peppers for a few minutes until to taste.
5. Add chicken strips & stir.
6. Serve with warm tortillas, sour cream & salsa.

TOP TIP: Use small (approx 41g) wholewheat tortilla wraps, or if you prefer a bigger wrap, Sainsbury's Good for you wraps also meet the nutritional values.

NUTRITIONAL VALUES

PER SERVING

Calories 570

Total Sugars 18.27g

Total Fats 15.88g

Saturated Fats 4.47g

Salt 1.02g

Fruit & Veg 4.25