



Chicken Fajitas

Make one recipe for 4-5 people

Equipment list

Medium bowl
Measuring cups and spoons
2 cutting mats
Paring knife
Wooden spoon
Frying pan or wok

MARINADE

- 4 ml minced garlic
- 10 ml lime juice
- 30 ml soy sauce
- 50 ml beef broth
- 15 ml vinegar
- 2 – 5 ml red pepper flakes depending on the amount of heat you like
- pinch of salt and pinch of pepper

- Mix garlic, lime juice, soy sauce, beef broth, vinegar, red pepper flakes, salt and pepper to make sauce.

FILLING

- 1 chicken breast
- onion, cut into strips
- peppers, cut into strips

- On a cutting mat, cut chicken into strips. Mix chicken strips with marinade. Let marinade in sauce for 10 minutes or more. Wash cutting mat with hot soapy water and dry. Do not cut vegetables on the same cutting mat as the chicken.

- Cut onions and peppers into thin strips

- Coat bottom of frying pan with 10 ml of oil. Heat frying pan on medium/high heat (#5). When hot, add chicken by using your fingers to drain the chicken from the sauce. Save the sauce. Cook until chicken is no longer pink. Stir with a wooden spoon.

- Toss in vegetables and cook until tender but crispy, adding sauce as chicken and vegetables get dry. Keep adding the sauce a little at a time until the sauce coats the chicken and vegetables. Keep cooking until the sauce is reduced and thick.

ASSEMBLY

- 4 tortilla shells- 1 shell for each person
- 10 ml sour cream
- 30 ml salsa
- 60 ml grated cheese- 1 per person
- shredded lettuce

- Place the tortillas for your kitchen on a dinner plate. Heat tortillas in the microwave for 1 minute.

- Spread sour cream and salsa on heated shell. Add chicken mixture. Top with cheese and lettuce. Fold bottom up and sides in. Roll together. Wrap in checkered paper.