

CITY LIFESTYLES



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Recipe name: Georgia Stanways Chicken Fajitas

Serves: 4 people

Preparation time: 10 mins

Cooking time: 15 mins

Starting line-up (*ingredients*):

2x chicken breast, 4x tortilla wraps, red pepper, garlic clove, onion, olive oil, mild chilli powder, salsa



Warm-up (*preparation*):

Chop onion, garlic and pepper. Dice chicken breast into small pieces. Mix chilli powder & chicken together



Game plan (*method to make*):

1. Heat oil into pan
2. Add the seasoned chicken breast and cook until no longer pink. Add peppers and onion until both turn tender and soft
3. Heat up wrap on the pan for 30 seconds
4. Add the mixture to the wrap and add salsa



Substitutes

Salsa could be swapped for low fat yogurt or mayonnaise

Chicken could be swapped for turkey or vegetarian/vegan alternatives for meat

Gluten intolerance – gluten free wraps

Dairy allergy – dairy free yogurt

More vegetables e.g. sweetcorn

Add small amounts of cheese

Nutritional benefits:

Chicken – great source of protein

Whole meal tortilla – slower energy release than white

Red pepper – vitamin C

Each serving provides 270 kcal per person, 77g protein, 157g carbohydrates, 16g fat



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