



## Chicken fajitas with spicy tomato salsa

**Sizzling pan-grilled chicken strips with peppers and onions, wrapped in a flour tortilla.**

### Ingredients

**Serves: 12**

- 1200 g skinless boneless chicken breasts (fillets), cut in strips
- 4 garlic cloves, chopped
- 2 tsp ground cumin
- 2 tsp mild chilli powder
- 2 tsp paprika
- 1/2 tsp dried oregano
- grated zest and juice of 1/2 orange
- juice of 1 lemon
- 6 tbsp. sunflower oil
- 90 g fresh coriander, chopped
- 6 green peppers, thinly sliced
- 6 onions, thinly sliced lengthways
- 24 flour tortillas
- 360 ml plain low-fat yogurt
- salt and pepper

### Tomato salsa

12 spring onions, thinly sliced  
375 g ripe tomatoes, diced  
3 medium-hot fresh green chilli, seeded and chopped, or to taste  
6 tbsp. tomato passata  
2 garlic cloves, chopped  
1 1/2 tsp ground cumin  
lemon juice to taste

## Method

Prep:30min › Cook:30min › Ready in:1hr

1. In a bowl combine the chicken strips with the garlic, cumin, chilli, paprika, oregano, orange zest and juice, lemon juice, 1 tbsp of the oil and 3 tbsp of the coriander. Mix well so that all the chicken strips are coated, then leave to marinate for at least 15 minutes.
2. To make the salsa, combine all the ingredients. Add the remaining chopped coriander. Season with  $\frac{1}{4}$ – $\frac{1}{2}$  tsp lemon juice and some salt and pepper to taste. Set aside.
3. Preheat the oven to 180°C (350°F, gas mark 4) and preheat the grill to high. Heat a ridged cast-iron grill pan or heavy-based frying pan until it is very hot. Brush with the remaining 1 tbsp of oil. Put in the green peppers and onions and cook for 6–8 minutes or until lightly charred. Remove from the pan and set aside.
4. Wrap the tortillas, stacked up, in foil and put into the oven to warm for 10 minutes. Meanwhile, spread out the chicken in a shallow layer in the grill pan. Grill close to the heat, turning once or twice, for about 5 minutes or until thoroughly cooked.
5. To serve, divide the chicken, onions and peppers among the warm tortillas and roll up. Serve with the fresh salsa and yogurt. Alternatively, present the ingredients separately, with the tortillas wrapped in a cloth to keep them warm, and let your guests make their own fajitas.