



FOR the
Little ONES



Chicken fajitas

Build your own fajitas with mildly spiced chicken, shallot, capsicum and fresh avocado served in wraps with a side of corn cobettes!

30 Minutes

2 Servings

Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	57g	38g	129g

FROM YOUR BOX

CHICKEN TENDERLOINS	300g
CORN COB	1
SHALLOT	1
RED CAPSICUM	1
SOUR CREAM	1 tub
WHEAT WRAPS	1 packet
AVOCADO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin, dried oregano

COOKING TOOLS

large frypan, saucepan, frypan

You can cook the chicken, corn and wraps on the barbecue if you prefer!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - wraps are replaced with corn tortillas.



1. COOK THE CHICKEN

Season **chicken** with **oil**, **1 tsp smoked paprika**, **1 tsp cumin** and **salt**. Heat a large pan over medium-high heat. Cook **chicken** for 4-5 minutes on each side or until cooked through. Set aside on a plate, keep pan over heat for step 3.



2. COOK THE CORN

Meanwhile, husk **corn** and remove silks. Cut into quarters, boil in a saucepan for 1-2 minutes. Drain and place in a serving bowl.

tip Add the corn kernels to the fajita filling if preferred!



3. COOK THE FAJITA FILLING

Slice and add **shallot** and **capsicum** to frypan. Cook for 2-3 minutes, season with **1 tsp oregano**. Stir in **1/2-1 tub sour cream**. Slice and add **chicken**. Simmer over medium heat for 5 minutes. Adjust seasoning to taste with **salt and pepper**.



4. WARM THE WRAPS

Meanwhile, warm **wraps** in a dry, hot frypan for around 10-15 seconds on each side. Wrap in a clean kitchen towel to keep warm.



5. FINISH AND SERVE

Slice **avocado**.

Serve **fajita mix** at the table with **corn cobs**, **wraps**, sliced **avocado** and **remaining sour cream** for drizzling.

tip Add any other favourite ingredients like lettuce, cucumber or cheese!