

for the  
little onesChicken & Cheese  
Quesadilla

# Chicken fajitas

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



30 Minutes



2 Servings



Chicken

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## 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

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!