

for the
little onesmashed
avo

capsicum

Chicken & Cheese
Quesadilla

Chicken fajitas

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



30 Minutes



4 Servings



Chicken

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FROM YOUR BOX

CHICKEN TENDERLOINS	600g
CORN COBS	2
RED ONION	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**, **2 tsp smoked paprika**, **2 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, remove husks and silks from **corn cobs**. Cut into quarters and place in a saucepan. Cover with water and bring to a boil. Cook for 1-2 minutes. Drain and place in a serving bowl at the table.



3. COOK the fajita FILLING

Add more **oil** to heated pan. Slice **red onion** and **capsicum**. Add to pan as you go and cook for 2-3 minutes. Season with **1 tsp oregano**, **salt** and **pepper**.

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



4. FINISH the fajita FILLING

Stir in 1/2 tub **sour cream** and **1/4 cup water**. Slice or tear chicken and add to pan. Simmer over medium heat for 5 minutes. Adjust seasoning if needed.

tip Serve veggies and chicken separately if your family prefer!



5. 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.



6. 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!