



FOR the
Little ONES

Mashed
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 cobettes!

30 Minutes

4/6 Servings

Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	47g	20g/26g	71g/89g

FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN TENDERLOINS	600g	600g + 300g
CORN COBS	2	3
RED ONION	1	1
RED CAPSICUM	1	2
SOUR CREAM	1 tub	2 tubs
WHEAT WRAPS	1 packet	2 packets
AVOCADO	1	2

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 each side or until cooked through. Set aside and keep pan over heat for step 3.

6P - use **3 tsp smoked paprika**, **3 tsp cumin** and **salt**.



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.

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



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**.

6P - use **2 tsp dried oregano**.



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.

6P - stir in **1 tub sour cream** and add a **little water** if needed.



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!