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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 cobbettes!



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!