

Chicken Fajitas



FOOD FACT:

Peppers are an excellent source of beta-carotene which is good for eyesight and skin.

The wide selection of vegetable will add to your 5-a-day total!

Preparation time **5 MINS**

Serves 4-6

Cooking time **8 MINS**



Chicken Fajitas

Ingredients

1. Put oil, onion and garlic in a bowl, cover and cook on FULL power for 2 minutes.
2. Add other ingredients except tortillas. Stir well. Cover and cook on FULL power for 6-8 minutes.
3. Serve wrapped in tortillas, with salad

2tbs oil
 1 onion,
 1 garlic clove, crushed
 2 peppers, sliced
 6 medium mushrooms
 1tsp cumin
 ½ tsp chilli powder
 ½ tsp paprika
 1tsp turmeric
 200gm can chopped tomatoes
 Cooked chicken, sliced
 Flour tortillas

