

# Chicken Fajitas

## Equipment

2 Chopping board (1 brown 1 red) vegetable Knife, Frying pan, Mixing bowl, Tablespoon (measuring spoon), Teaspoon (measuring spoon), Wooden spoon, Plate, Garlic crusher.

## Skills

Stir frying, knife skills, raw meat handling, hob use, marinating.

## Heat Transfer

Conduction

## Keywords

Peel, slice, marinade, stir fry, grate, wrap, denature

## Ingredients

1 chicken breast

1 Onion

1 Garlic

1 pepper

½ red chilli

1tbls paprika

2tsp coriander

pinch cumin

1 tbls olive oil

25g cheese

## Method

1. Peel and finely slice onions, red pepper, chilli and garlic
2. On second board chop chicken into fine slices
3. Add ingredients to a bowl and sprinkle in 1tbls paprika, 2 tsp ground coriander, pinch cumin, 1 tbls olive oil to make the marinade
4. Mix with hand
5. Wash up
6. Heat frying pan gently, stir fry chicken and vegetables until cooked (approx. 8 mins)
7. Grate cheese
8. Microwave tortillas for 10 seconds, top with cooked mixture and cheese and wrap
9. Wash up