

Dinner

Family Fajitas

304
kcal

Serves 4

450g (1lb) uncooked boneless chicken, chopped
1 sachet fajita seasoning mix
(125ml or 4fl oz) stock
1 large onion, sliced
1 red pepper, sliced
1 green pepper, sliced
2 large tomatoes, diced
5cm/2in piece cucumber, diced
1 yellow pepper, diced
4 small soft tortillas (wraps)
160g (5½oz) iceberg lettuce, thinly sliced
sliced jalapeno peppers (optional)
4 tbsp quark

Place the chicken in a bowl and mix with the fajita seasoning.

Heat the stock in a large non-stick frying pan, add the chicken, onion, red pepper and green pepper, and stir-fry until the meat is cooked and the vegetables have softened.

Meanwhile, mix the diced tomato, cucumber and yellow pepper to make a salad.

Fold the chicken and vegetables up in the soft tortillas with a serving of iceberg lettuce and sliced jalapenos (optional), plus 2 tsp salsa, 2 tsp guacamole and 1 tbsp quark.

Serve with the diced salad, with an optional fat-free dressing, balsamic vinegar or 1 tbsp low-fat plain yoghurt.

Tip

Try lean beef or Quorn strips instead of chicken. Experiment with using 2 crisp lettuce leaves in place of the tortilla wrap, and use low-fat natural yoghurt or virtually fat-free fromage frais instead of quark.



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