



## Chicken & Pinto Bean Fajitas



This recipe makes 12 portions of about 100g fajitas, 50g tomato salsa, 40g salad.

### INGREDIENTS

- 4 tablespoons vegetable oil
- 2 teaspoons paprika powder
- 4 teaspoons lemon juice
- 200mls plain Greek yoghurt
- 300g chicken breast, cut into strips
- 1 small onion, peeled and finely sliced
- 1 clove garlic, peeled and crushed
- 2 medium carrots, peeled and finely sliced
- 1 (390g) tin pinto beans, drained (240g drained weight)
- 6 tortillas

### METHOD

1. To make the filling, in a large bowl mix half the oil with the paprika, lemon juice and yoghurt. Add the chicken and stir to coat and marinate in a cool place for 30 minutes.
2. Heat the remaining oil in a large frying pan and add the onion, garlic and carrots, cook gently for 5 minutes, stirring from time to time. Add the marinated chicken and fry gently for 15 minutes until the chicken is cooked through. Add the drained pinto beans to the chicken mixture and heat through.
3. Divide the filling between the tortillas, placing it to one side of the centre. Wrap the unfilled half around the filling and cut in half.

...with Tomato Salsa and Chicory & Radish Salad (overleaf)

# Tomato Salsa



This recipe makes 12 portions of about 50g.

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## INGREDIENTS

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450g tomatoes, washed and finely diced

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1 small onion, peeled and diced

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2 cloves garlic, peeled and crushed

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4 teaspoons lime juice

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2 tablespoons coriander leaves, chopped

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## METHOD

Combine all the ingredients in a medium bowl and chill.

# Chicory & Radish Salad



This recipe makes 12 portions of about 40g.

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## INGREDIENTS

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5 small heads of chicory (about 500g), washed and trimmed

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18-10 radishes, washed and trimmed

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## METHOD

Cut the chicory and radish into rounds and arrange in a small bowl.