

MARLEY SPOON



Easy Chicken Fajitas

with Sweet Capsicum



20-30min



4 Portions

The Tex-Mex classic is one of our DIY dinner favourites. Serve up the perfect midweek plate of fajitas, bursting with flavour, but without any calorific sides of sour cream or cheese. Just warm the tortillas, chop the veg, marinate the chicken and then give them flash-fry in a pan for even more tempting family flavour.

What we send

- flour wrap ^{1,6,7}
- green capsicum
- red capsicum
- onion
- free-range chicken breast fillet
- coriander, jalapeno, garlic
- Mexican spice blend

What you'll require

- olive oil
- sea salt and pepper

Utensils

- large frypan
- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

~This recipe originally used red onion but due to quality issues, we are now using brown onion. But don't worry, the dish is just as delicious.
~The Mexican spice blend is spicy, add to taste.

Allergens

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 775kcal, Fat 28.3g, Carbs 75.5g, Proteins 50.7g



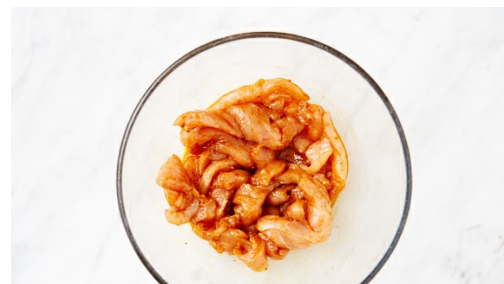
1. Prepare vegetables

Slice the **capsicums** into 1cm strips, discarding the seeds and membrane. Thinly slice the **garlic**. Halve the **onion** and thinly slice (see cooking tip).



4. Cook vegetables

Reduce the heat to medium, add **1 ½ tbs olive oil** to the pan and cook the **capsicum, onion** and **garlic**, covered, stirring occasionally, for 7 mins or until softened. Meanwhile, pick **half the coriander** sprigs and set aside. Chop the **remaining coriander**, including the stems. Halve the **jalapenos** lengthwise, remove the seeds and finely chop. Set aside.



2. Marinate chicken

Put the **chicken** onto a board. Put your hand on top and slice in half horizontally through the middle, then cut into 1cm strips. Put the **Mexican spice blend** (see cooking tip) and **1 ½ tbs olive oil** in a large bowl, season with **salt and pepper** and stir to combine. Add the chicken and toss to coat.



5. Warm wraps

Heat a medium frypan over medium heat. Warm **8 wraps**, 1 at a time, for 20 seconds on each side. Cover with a clean tea towel to keep warm.



3. Cook chicken


Heat a large frypan over high heat. Cook the **chicken**, in batches if necessary, turning occasionally, for 3 mins or until cooked through. Remove from the pan and keep warm.



6. Build fajitas

Add the **chopped coriander, chicken** and any resting juices to the pan. Season with **salt and pepper**, stir to combine and cook for 1 min or until heated through. Divide the **wraps** among plates, fill with the **chicken and capsicum mixture** and scatter over the **coriander springs**. Serve with the **jalapenos**.

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 Packed in Australia
from at least **95%**
Australian ingredients