

Cheesy Fajita parcel



| Serves | Prep Time | Cooking | Total Time | Calories |
|-----------------|-----------|---------|------------|-----------------|
| 3 people | | | | 453 kcal |

Stuff that's in it:

- 400G Chicken Breast (Sliced Thinly)
- 100G Mixed Coloured Peppers (Sliced Lengthways)
 - 1 Tsp Smoked Paprika
 - ½ Tsp Mild Chilli Powder
 - ½ Tsp Cumin
- 50G Red Onion, Sliced Thick
- 2 Tsp Olive/Rapeseed Oil
- 3 Tortilla Wraps
- 100G Greek Or Natural Yoghurt
- 86G Eat Lean Protein Cheese
- Juice Of 1 Lime

What you do:

Place your chicken in a bowl and add the spices, a squirt of oil and a squeeze of lime juice, mix well with a spoon until combined.

Add a squirt of oil to a griddle pan, get hot and then fry the chicken and vegetables for around 7 minutes, turning frequently, until cooked all the way through and slightly charred.

Season to taste.

Remove all the cooked chicken and veg and set aside.

On a plate, add a wrap and place the cheese in the middle, pop in the microwave for around 13 seconds until melted, then add the chicken in the centre.

Fold each end up into a parcel, then add back onto the griddle pan, fold side down first and crisp up each side.

Slice down the centre and then serve with yoghurt. This makes 3 portions

Nutrition

- Carbs: 44g
- Fat: 7g
- Protein: 56g

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