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FAJITA

BOWLS

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SERVES: 4 DINNERS OR 6 LUNCHES

WHILE THESE BOWLS HAVE A FEW STEPS THEY ARE STILL SUPER EASY AND COMFORTING AND JUST AMAZING. YOU CAN FREEZE THE COOKED FAJITA MIX AND RICE FOR AN EASY A.F. WORK LUNCH.

*lets go
Mexico!!*

FAJITA

BOWLS

INGREDIENTS

CHICKEN MIX

500G CHICKEN THIGHS OR
BREAST, SLICED
1 RED ONION SLICED
1 SLICED CAPSICUM
1TB SMOKED PAPRIKA
1TB CUMIN
BIG PINCH SALT AND PEPPER
1TB OIL

1/2 LIME (1 TB JUICE)
1 TIN RED KIDNEY BEANS

GUACAMOLE CREAM

1 AVOCADO
200G SOUR CREAM
1/2 LIME (1 TB JUICE)
SALT AND PEPPER

SALSA

1 TIN TOMATOES OR 1 TUB
CHERRY TOMATOES
A FEW SPRIGS CORIANDER
1 LIME (2 TBS JUICE)
1/2 TSP CUMIN
1/2 TSP PAPRIKA
SALT AND PEPPER

OTHER BITS

1TB OIL
1 CUCUMBER DICED
COOKED RICE OF YOUR
CHOICE
EXTRA CHOPPED
CORIANDER FOR GARNISH
PRETTINESS

METHOD

- PUT SOME RICE ON, COOKING ACCORDING TO THE PACKET.
- MIX THE CHICKEN MIX INGREDIENTS (EXCEPT THE LIME AND BEANS) IN A BOWL AND SET ASIDE.
- BLITZ THE GUACAMOLE CREAM INGREDIENTS IN THE CHOPPING JUG OF A STICK MIXER OR BLENDER UNTIL SMOOTH. TASTE AND ADD MORE LIME JUICE IF IT NEEDS MORE TANG, OR SALT IF IT'S LACKING.
- CHOP (OR BLITZ IN A PROCESSOR) YOUR TOMATOES AND CORIANDER AND MIX TOGETHER WITH THE REST OF THE SALSA INGREDIENTS IN A BOWL.
- GET A FRY PAN NICE AND HOT. FRY THE CHICKEN MIXTURE IN 2 BATCHES, STIRRING AROUND UNTIL IT IS ALL NICE AND BROWNEED AND WHITE ALL THROUGH THE CHICKEN.
- MIX IN THE BEANS UNTIL HEATED THROUGH. SQUEEZE THE LIME OVER AT THE LAST MINUTE.
- LAYER YOUR FAJITA BOWLS WITH: RICE, CHICKEN MIX, SALSA, BEANS AND CUC,BER AND THEN TOP WITH A GOOD SIZED DOLLOP OF GUACAMOLE CREAM AND CORIANDER TO FINISH.

*Add grated cheese for the ultimate
finish*