



Quick Fajitas

Recipe by Kate Caire of Carnation Kitchen



Serves 4



Prep: 10 minutes

Cook: 15 minutes

INGREDIENTS

- 3 chicken breasts
- 1 medium onion
- 3 capsicums (red, yellow and green; small to medium)
- 1 lime
- 4 tablespoons olive oil
- Seasoning:
 - ¼ teaspoon cayenne pepper
 - ½ teaspoon smoked paprika
 - ½ teaspoon onion powder
 - ½ teaspoon garlic powder
 - ¼ teaspoon black pepper
 - ½ teaspoon cumin

DIRECTIONS

1. In a bowl, combine all the spices with one tablespoon of olive oil and the juice of half the lime.
2. Cut the chicken into strips and toss into the spice mixture.
3. While the chicken is marinating, cut onion and capsicum into strips.
4. Heat a pan on high, adding a tablespoon of olive oil and half the chicken mixture. Cook for 3-5 minutes or until just cooked through.
5. Remove chicken from pan into a clean bowl, and repeat to cook remaining chicken. Once all the chicken is cooked set aside.
6. Into the same pan as you just cooked the chicken, add one more tablespoon of olive oil and fry the onions for 2 minutes, before adding the capsicums for a further 2 minutes or until the capsicum is just cooked through.
7. Then add the chicken back on into the pan to combine.
8. Serve on your favourite tortillas (large or small) with a squeeze of lime.



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