



Recipe

Chicken and pepper fajitas

Colourful fajitas are a great way for children to 'eat the rainbow', while experiencing spice and world flavours. They also enable children to serve themselves, which encourages more uptake of vegetables through independent food selection.

Ingredients

350g Minced chicken
1 tsp Sunflower oil
Juice of 1 lime
1tsp Smoked paprika
1 tsp Ground cumin

Pinch of mild chilli flakes
½ tsp Garlic powder
½ tsp Onion powder
½ tsp Dried oregano

100g Red onion
600g Mixed peppers
250g Chickpeas in water
Handful of fresh coriander

Method

Wash the coriander under water and leave to drain.

Heat sunflower oil in a pan to a low heat, add all the dry spices and gently toast until fragrant.

Add the chicken, mix well until coated in spices and increase the heat to medium. Cook until golden.

Add the onion, peppers, and chickpeas, ensuring they are coated in all the spices.

Once the vegetables have started to soften, add the lime juice, and chopped coriander.

Give the mixture another minute in the pan, then serve with your favourite sides.

Nutritious delight with every bite

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