

Chicken Fajitas



Discover our mouthwatering recipe for Chicken Fajitas, a flavorful and easy-to-make Tex-Mex dish. Indulge in a spicy and colorful feast that will tantalize your taste buds with every bite.

Preparation 10 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 400

Fat 22

Carbohydrates 42

Fibre 11

Protein 28

Sodium 420

Ingredients

- 3 chicken breasts of about 120 g each, in strips
- 15 ml (1 tbsp) chili seasoning (or Mexican seasoning)
- 15 ml (1 tbsp) smoked paprika
- 30 ml (2 tbsp) of canola oil
- 1 red pepper, cut into strips
- 1 red onion, cut into strips

- 4 whole wheat tortillas
- Salt and pepper to taste

Preparation

1. In a bowl, mix chicken with chili seasoning and paprika. Add pepper and salt.
2. Pour 1 tbsp of oil in a non-stick skillet and cook the chicken for 5-7 minutes over medium-high heat, or until it's golden brown.
3. Remove the chicken and set aside in a clean bowl.
4. Add remaining oil and sauté peppers, mushrooms and onions over medium-high heat for 5 to 7 minutes, or until vegetables are tender and lightly browned.
5. Add the cooked chicken and mix.
6. Assemble the fajitas by placing the chicken, vegetables and fillings on the tortilla before rolling it into a cigar (Garnish of your choice: guacamole, grated cheese, diced cucumber, spinach, lime quarters).

Notes



Gabrielle Simard – Créatrice culinaire
Culinary Creator