

ENCHILLADAS

100g Tinned Chopped Tomatoes
150g Chicken Breast
2 Wraps
30g Cheddar Grated
1 Pepper and Onion
2tbsp Fajita Seasoning
1tsp Garlic Powder and Chilli (preference)
1 tsp Olive Oil
2 tbsp Lime Juice

Preheat oven at 180.

Cut chicken, peppers and onion in strips.

Preheat pan for 30 seconds on medium heat and add the chicken and drizzle on 1tbsp of the fajita seasoning and then some of the lemon juice. Once chicken is starting to cook add peppers and onion and turn up heat a little bit more and add 1/2 tbsp fajita seasoning.

Empty chopped tomatoes into a pan and mash until smooth. Slowly adding 1/2 tbsp fajita seasoning, 1 tsp garlic and chilli. Keep sitting on a low heat.

Once chicken, peppers and onions are cooked (about 8-12 mins) turn down to lowest heat.

Grab an oven dish and drop in the oil and smooth around the bowl until covered. Assemble the filling into the wraps and place into the dish. Make sure both sides of the wrap are sealed.

Pour over the tomato mix and sprinkle on the grated cheese. Pop into the oven for 3 mins and enjoy!

