

10 minute Chicken Fajita tray bake



Ballarat Health Services

Ingredients

- 1 1/2 tablespoons extra virgin olive oil
- 600g chicken breast stir-fry
- 40g packet spice mix for fajitas
- 12 small white corn tortillas
- 2 green shallots
- 280g jar Coles Chargrilled Peppers, drained, coarsely chopped
- 200g tub avocado dip or homemade salsa
- Greek style Natural Yoghurt, to serve



Method

Step 1: Preheat grill on high. Drizzle half of the oil over a baking tray. Place the tray under the grill to heat.

Step 2 : While the oil on the tray is heating, place the chicken in a large bowl. Add the spice mix. Use your hands to toss until chicken is coated.

Step 3 : Once the oil is hot, arrange the chicken mixture in a single layer on the tray. Drizzle over the remaining oil. Return the tray to the grill and cook for 3 minutes.

Step 4 : Meanwhile, wrap the tortillas in foil and place under the grill with the chicken. Chop the shallots.

Step 5 : Add the peppers to the tray with the chicken and toss to combine. Return to the grill for 2 minutes or until the chicken is cooked through.

Step 6: Serve the chicken grill bake with the warmed tortillas, avocado dip or salsa and natural yoghurt, sprinkled with the shallot and coriander.

Quick, Easy,
Nutritious
and Tasty!
Serves 4

Source: www.taste.com.au