



CHICKEN FAJITAS WITH PINEAPPLE SLAW

20 minutes

30 minutes

2 portions

INGREDIENTS

- 2 tortillas wholegrain (82 g)
- 1/2 red onion, diced (35 g)
- 1/2 green capsicum, thinly sliced (82 g)
- 300 grams of chicken breast, diced
- 1/2 tsp of s paprika (1 g)
- 1/2 tsp of cinnamon (1 g)
- 2 tbsp of lime juice (40g)
- 1 gram of olive oil spray
- 2 cups, white cabbage, shredded (178 g)
- 150 grams of pineapple, chopped
- 100 grams of cherry tomatoes, quartered
- 30 grams of yoghurt, natural

COOKING METHOD

- 1° Preheat oven to 180 C. Wrap tortillas in foil and place in oven to warm through.
- 2° Combine onion, capsicum, paprika, cinnamon and half of the lime juice in a bowl. mix well to coat chicken in spice.
- 3° Spray a large non-stick frying pan with oil and heat over medium-high heat. Add chicken mixture and cook, stirring often, for 5 minutes or until chicken is cooked through.
- 4° Combine cabbage, pineapple, cherry tomatoes and remaining lime juice in a bowl.
- 5° Serve chicken mixture with warm tortilla, pineapple slaw and yoghurt.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (500 g)	% DRI
ENERGY	82 kcal	412 kcal	21 %
FAT	2 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	15 %
CHOLESTEROL	22 mg	110 mg	37 %
SODIUM	70 mg	348 mg	15 %
CARBOHYDRATE	8 g	42 g	14 %
SUGARS	3 g	15 g	—
FIBER	2 g	10 g	38 %
PROTEIN	8 g	42 g	—