

## Chicken Fajitas

*This is a Mexican dish of quick fried strips of chicken wrapped in tortillas and served with a selection of salads and relishes*

4 chicken breasts  
1tbsp olive oil  
1 wedge onion, sliced  
Juice of 1 lemon  
1tbsp ground cumin  
1 red pepper, de seeded and sliced  
Salt and ground black pepper  
2 packs flour tortillas

### **For the Guacamole:**

1 ripe avocado pear  
1tbsp of grated onion  
1 ripe tomato  
Squeeze of lemon or lime juice  
1 fresh green chilli, finely chopped  
Pinch ground cumin  
Salt and black pepper

**To serve choose any of the following:** sour cream, grated cheese, wedges of tomato, cucumber, lettuce and raw onion, slices of chilli.

### **Method:**

1. Slice the chicken breast very thinly across the grain of the meat.
2. Put the oil, onion, lemon juice and cumin together in a dish. Add the sliced chicken and red pepper, season with salt and ground black pepper and mix well.
3. To make the Guacamole. Halve, stone and peel the avocado pear. Finely chop the tomato. Put the avocado and lemon or lime juice into a bowl and mash with a fork. Mix with the onion, tomato and chilli. Season with salt and ground black pepper. Alternatively combine in a food processor.
4. Heat the tortillas according to the packet instructions.
5. Heat a heavy-based frying pan until piping hot. Add the chicken with all of the oil, onion and red pepper. Fry briskly, turning from time to time until browned and cooked all the way through. Spoon the meat into the tortillas, top with a spoonful of Guacamole and add a selection of salad and cheese.