



VEGGIE FAJITAS

EQUIPMENT:

- Party pan/frying pan
- Chopping board
- Chopping knife
- Wooden spoon

TOP TIPS:

Add a tin of black beans to the mixture for a even healthy options.

INGREDIENTS:

- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 red onion, sliced
- 1 courgette
- 1 tsp olive oil (or 2 sprays of oil)
- 1 garlic clove, crushed
- ½ tsp chilli flakes
- 1 tsp smoked paprika
- 1 pinch salt
- 1 pinch ground black pepper
- 8 small tortillas
- 2 table spoons Greek yogurt (optional)

PREP TIME:

- 10 minutes

COOKING TIME:

- 20 minutes

METHOD:

1. Slice peppers and red onions.
2. Cut courgettes into small pieces.
3. Heat oil in pan.
4. Add oil or spray.
5. Add chopped onion and crushed garlic.
6. Fry for about 3 minutes.
7. Add peppers.
8. Add chilli flakes, smoked paprika, salt and pepper.
9. Stir fry for about 10 minutes until vegetables become slightly soft.