

## FUN FAJITAS Year 4

### INGREDIENTS (Serves 4)

8 flour tortillas

3 or 4 iceberg lettuce leaves finely shredded

2 tablespoons vegetable oil

*Chicken version*      450g boneless, skinless chicken breast cut into thin strips

*Vegetarian version*    1 mild onion sliced, 2 bell peppers -any colour -deseeded and sliced into strips

For the BBQ sauce:-    2 tablespoons ketchup

1 tablespoon apple juice

1 teaspoon white wine vinegar

1 and a half teaspoons of light soya sauce

1 teaspoon of honey

For the salsa:-        3 or 4 medium tomatoes deseeded and finely diced

Half a cucumber peeled and finely diced

1. Make the BBQ sauce. Add all the ingredients to a small pan and simmer very gently for 2 or 3 minutes or until the sauce thickens. Stir occasionally.
2. Turn off the heat and allow the BBQ sauce to cool.
3. Cook the chicken or vegetables. Heat oil in a frying pan. Add the chicken or vegetables and fry over a medium heat for 5 minutes or until cooked through stirring all the time.
4. Put a double thickness of kitchen roll on a plate, place the chicken or vegetables on and allow to drain
5. Place lettuce in a serving bowl.
6. Mix together the tomato and cucumber in a serving bowl.
7. Put the cooled BBQ sauce in a serving bowl.
8. Transfer the chicken or vegetables to a serving bowl.
9. Place the fillings onto a tortilla, roll up and enjoy!
10. Wash up and clear away.

You can put in lots of different fillings, spice the salsa up, add cheese, omit the BBQ sauce and use soured cream and guacamole (dip made from avocados) . Have some fun!!