

Swap your Takeaway FOR A Fakeaway!

FAKEAWAY WRAPS

(SERVES 4)

Here's what you'll need:

450g raw skinless chicken breast cut into bite sized pieces



OR

Chicken thigh meat cut into bite sized pieces

OR

Fresh or frozen prawns



OR

Tin of black beans



Spray oil

1 onion, peeled and cut into thin wedges



1 garlic clove, peeled and crushed

1 red pepper de-seeded and cut into strips



1 yellow pepper de-seeded and cut into strips

½ teaspoon chilli powder

½ teaspoon smoked paprika

½ teaspoon ground cumin

1 lime, cut in half and juiced

Wholemeal tortillas



Remember to wash your hands thoroughly after handling raw chicken or prawns

Here's how to make it:

1. Prepare all of the ingredients (eg chop the onion, garlic etc)
2. Heat the oil in a frying pan and fry the pepper strips and the onion until soft and starting to brown at the edges
3. Add the garlic and cook for 1 minute, then add the spices and stir. Cook for another couple of minutes until the spices become aromatic
4. Add half the lime juice and stir, then spoon the mixture into a separate dish (leaving the juices behind) and keep warm
5. Tip your choice of chicken or prawns or black beans into the pan with the juices. Then add the rest of the lime juice
6. Stir the chicken or prawns or black beans around the pan to cook through. If you're using prawns make sure they are thoroughly cooked. If you're using chicken, cook it until it turns white. Cut into a thick piece and make sure it is cooked through with no pink showing
7. Warm the tortillas in a microwave then wrap them so they don't dry out. Or you can wrap them in foil and warm in a low oven
8. Spoon the chicken or prawn or black bean mixture into the tortillas along with some of the pepper and onion mixture and serve

Serving suggestion:

Serve with a side salad

