

Nutrition for Outside School Hours Care • another NAQ Nutrition program

This oven baked chicken fajita recipe can be seasoned in advance and baked when needed for a hot afternoon tea or vacation care lunch meal. Children will enjoy self-serving the wraps and fillings making this a great hands-off meal assembly. Beef strips could be used as an alternative to chicken.

## Ingredients

### Makes 30 wraps

- 2 green capsicums
- 2 red capsicums
- 4 red onions
- 2kg diced chicken breast
- 2 tablespoons cumin
- 2 tablespoons smoked paprika
- 2 tablespoons crushed garlic
- 1/3 cup olive oil
- 2 tablespoons tomato paste
- 2 limes, juiced (optional)
- 30 x small wholemeal tortillas
- Salad leaves (to serve)
- Natural Greek style yogurt (to serve)
- Grated cheese, (to serve)



## Method

1. Thinly slice capsicums and red onion and place in a large shallow baking tray along with chicken.
2. In a small bowl, mix cumin, paprika, garlic, oil and tomato paste together. Pour over chicken mix and stir to combine.
3. Cover tray with foil and bake at 180 degrees for 45 minutes or until chicken is fully cooked and vegetables have softened.
4. Remove chicken from oven, and allow to cool slightly. Add the juice of 2 limes to chicken.
5. Prepare fajitas by placing salad leaves, chicken mix and a dollop of yoghurt on each wrap.