Let's get cooking

Veggie Fajitas

These spicy Mexican wraps make a tasty meal. They are great for events as you can prepare the fillings in advance and are also perfect for eating 'on the go'!

UP TO 30 MINS | V | SUITABLE 1-5 YEAR OLDS

A! Milk, sulphites and wheat (gluten)*

Nutritional information per fajita (288g):

Energy	Fat	Saturates	Sugars	Salt
1071kJ 255kcal 13%	6.9g 10%	1.4g 7%	6.8g 8%	0.73g 12%

of an adult's reference intake.
Typical values per 100g: energy 372kJ/89kcal.

Equipment

Colander
Sharp knife
Chopping board
Garlic crusher
Measuring spoons
A wok or deep frying pan
Wooden spoon
Can opener
Metal spoon
Frying pan to warm the tortilla wraps (optional)

Ingredients

Makes 6 small fajitas

2 red OR green peppers
1 red chilli OR 1 x 5ml spoon chilli powder
½ small lettuce
1 medium red onion
1 clove garlic
200g mushrooms
2 x 15ml spoons vegetable oil
1 x 5ml spoon balsamic vinegar (optional)
1 x 400g can chopped tomatoes
1 x 5ml spoon tomato purée
2 x 5ml spoons dried oregano
Freshly ground black pepper (optional)
6 flour tortilla wraps
4 x 5ml spoons reduced-fat soured cream OR reduced-fat crème fraîche

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Stir-frying needs to be done over a high heat, keep stirring all the time to ensure your food does not burn.

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Method

1. Wash the peppers, chilli (if using fresh) and lettuce.
2. Finely shred the lettuce and set aside for serving later.
3. Peel and chop the onion into long, thin strips as fajitas should contain long thin strips of vegetables and not chunks.
4. Cut both peppers in half, scoop out and discard the white pith and seeds. Cut the peppers into long, thin strips.
5. Peel and crush the garlic.
6. Wipe the mushrooms with a clean, damp cloth and then finely slice.
7. Finely chop the chilli (if using fresh). Wash your hands after touching the chilli.
8. Heat the oil in a wok or a frying pan. Add the garlic, onion and pepper and stir-fry for 3 minutes until they start to soften.
9. Add the fresh or powdered chilli and stir for 1 minute.
10. Add the balsamic vinegar (if using) and cook for a few seconds, then add the chopped tomatoes, tomato purée and oregano.
11. Add black pepper to taste (if using) and cook for about 4 minutes, or until the mixture has thickened.
12. Heat the tortilla wraps according to the packet instructions.
13. Place some of the vegetable mixture along the centre of each tortilla wrap, add some shredded lettuce and some of the soured cream.
14. Fold the bottom of the tortilla wrap over first, to hold the mixture in, and then fold in both sides.

Something to try next time

- Use guacamole as alternatives to soured cream.
- Add some fresh, chopped cherry tomatoes or finely sliced strips of cucumber with the lettuce to increase the number of vegetable portions.

Prepare now, eat later

- To save time, especially if you are preparing large quantities, prepare all the fresh ingredients in advance. Store all the prepared ingredients in sealed plastic containers or plastic bags in the fridge for up to 24 hours.
- This recipe is best served immediately.

Skills used include:
Washing, measuring, peeling, chopping, crushing, boiling/simmering, stir-frying, microwaving and serving.

This recipe was developed with funding from the Big Lottery Fund. **Copyright © Children's Food Trust**
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