Fajita Chicken Mix

Ingredients

2 tablespoon oil

1 onion

1 red pepper

1 yellow pepper

1 garlic clove

2 large chicken breasts

¼ teaspoon chili powder

1 teaspoon paprika

½ teaspoon oregano

1 teaspoon ground coriander

½ teaspoon ground cumin

3 tablespoon tomato puree

80ml double cream

350g pasta

50ml water

Utensils

Chopping board

Knife

Measuring spoons

Jug

Scales

Garlic crusher

Small bowl

Wooden spoon

Method

Cut the end off the onion and peel. Cut it lengthways in half, then cut about 1cm from the top lengthways all over then cut it widthways to cube it.

Take the top off the peppers and then deseed. Slice into thin strips and add to the onion.

Cut both ends off the garlic, peel and then crush.

Cut the chicken into thin strips, remembering the rules about raw meat. **Do not to touch anything else and wash everything before it goes in the dishwasher. Be extra vigilant about not touching your face or apron and wash your hands after handling.**

Put the oil in the pan and heat. Add the chicken and fry for roughly 5 minutes or until golden all over. Remove and place in a small bowl.

Put the onions and peppers in the pan and fry for about 8 minutes. Add the garlic, dried herbs and spices and cook for one minute. Add the tomato puree and cooks for 2 minutes.

Add the chicken and cream and stir to combine.

Cook the pasta, then add this to the pan along with 50ml of water, stirring everything together. Add a little more water to loosen if necessary.