

Mexican Grilled Chicken Fajitas

Ingredients

- 6 skinless, boneless chicken breast, halved
- 2 large chilies, seeded, cut into ¾ inch strips
- ¾ cup coarsely chopped coriander
- 3 tbsp fresh lime juice
- 2 tbsp onion powder
- 2 cloves garlic grated
- 1 tsp chili powder
- 2 tsp ground cumin
- ½ cup olive oil
- Salt and black pepper
- 12 asparagus spears, trimmed
- 1 red bell pepper, seeded, cut lengthwise into 6 pieces
- 1 yellow bell pepper, seeded, cut lengthwise into 6 pieces
- 2 red onions, halved and each half sliced into 8
- 2 Courgettes, cut into 12 long strips
- 12 flour tortillas

Serve with some Mexican rice, Guacamole, Salsa, grated Cheese, Sour Cream, sliced green Jalapeno Peppers, hot Chili Sauce, and chopped fresh Coriander.

Method

Puree the lime juice, chili powder, cumin, olive oil, and coriander and season this marinade with salt and pepper.

Place the chicken into a plastic bag and pour the marinade over it, turning to coat. Sprinkle salt and pepper over the top and chill for an hour.

Heat a tablespoon of olive oil in a large pan and fry the asparagus, courgette, onion and pepper, until they are tender. Transfer to a roasting tin and keep warm in the oven.

Remove the chicken from the marinade and in the same frying pan, cook the breast fillets for 3 minutes on each side until lightly browned and cooked through. If unsure, cut one of the fillets through the middle to check it is cooked.

Grill the tortillas for one minute per side, or heat in the oven.

Arrange the chicken and grilled vegetables on a large warm plate, and place on the centre of the table for all to help themselves.

Serve the warm tortilla wraps with the Mexican Rice, Guacamole, Salsa, grated Cheese, Sour Cream, sliced green Jalapeno Peppers, hot Chili Sauce, and chopped fresh Coriander then people can make their own fajita wraps.