**Turkey Fajitas**

|  |  |  |
| --- | --- | --- |
| **1.Get ready**A picture containing food, indoor, counter, container  Description automatically generatedWash your hands.Assemble ingredients | A picture containing green, indoor, sliced, several  Description automatically generatedPeel and slice the onion. | A plate of pasta  Description automatically generated with low confidenceWash and slice the peppers. |
| Cut the turkey into thin strips. | A plate of food  Description automatically generated with low confidenceCoat the turkey in oil and seasoning mix. | **2. Get cooking**Heat the oil in a heavy-based frying pan. |
| A plate of food  Description automatically generated with medium confidenceFry the turkey for three minutes until well browned. | A bowl of food  Description automatically generated with low confidenceAdd onion and peppers. Cook for 2 more minutes or until the meat is cooked. | **3. To serve**A picture containing food, table, plate, dish  Description automatically generatedWarm the tortillas, and wrap the turkey mixture into each of them. |
| Serve with salad, guacamole and soured cream |  |  |

**Ingredients List**

**Serves 4**

450g boneless turkey, cut into thin strips

2 tbsp oil

1 sachet Fajita seasoning mix

1 onion, sliced

1 green pepper, sliced

1 red pepper, sliced

1 packet soft flour tortillas

**Costings:** £1.69 per serving (average supermarket pricing, March 2022)

**Substitutions:** swap out turkey for halloumi for a vegetarian option**!**

**Nutritional Information:**

Turkey is a great source of vitamin B, and protein, it actually has over half of what you need to grow big and strong in a day. Pepper is a fantastic source of vitamin C, which helps you to see everything around you.

|  |  |
| --- | --- |
| **Calories Kcal**  | **532** |
| **Fat** | **17.1g** |
| **Saturated fat** | **3.9g** |
| **Carbohydrates** | **52g** |
| **Protein** | **41.6g** |
| **Sugar** | **3g** |
| **Salt**  | **0.92g** |
| **Fibre**  | **2.8g** |