

# Fajitas

YEAR 7



## Ingredients

- 10ml spoon oil
- 1 chicken breast
- 1/2 onion or 1 spring onion
- 1/2 green or red pepper
- 100g cheddar cheese
- 3-4 tortillas
- Spices– paprika, chilli powder etc....

1. Using a sharp knife cut your onions and peppers on a green chopping board.
2. Place vegetables to one side and open your chicken on a red chopping board and cut the chicken into bite size pieces (any empty chicken wrappers need to go straight in the bin)
3. Add the chicken to the frying pan and stir fry for 4-6 minutes **ANYTHING WHICH HAS TOUCHED THE CHICKEN NEEDS TO BE WASHED IN HOT WATER INCLUDING YOUR HANDS BEFORE TOUCHING ANYTHING ELSE**
4. Add the onion and pepper and cook for a further 3-4 minutes then add your spices cook for 1-2 minutes **DO NOT BURN YOUR SPICES**
5. Check the chicken is cooked by cutting the biggest piece of chicken in half and see if its white all the way through
6. When your chicken is cooked, place a tortilla wrap onto a sheet of foil and spread a little of the chicken down the centre of the top wrap, add cheese, tomato, guacamole or salsa as preferred
7. Roll up each tortilla wrap and then wrap foil around to take home and place in fridge until the end of the day

## Knowledge check focus: Nutrition

- Identify the bacteria that grows on your hands and in hair.
- Identify the correct chopping boards used for meat and for vegetables.
- Demonstrate two safe knife skills.
- Which ingredient provides carbohydrates? What is the function of this nutrient in the body?
- Which ingredient provides dairy? What is the function of this nutrient in the body?
- Which ingredient provides unsaturated fat? What is the function of this nutrient in the body?