

Chicken Fajita Wrap

ingredients

- 24 Green Gourmet Chicken Breast fillet 57g
- 2 medium onions, sliced
- 4 tblsp vegetable oil
- 2½ tblsp fajita seasoning
- 2½ tblsp flour, plain white
- 300ml water
- 10 small tomatoes, diced
- 1 medium cucumber, diced
- 24 tortillas or flatbreads
- 300g low fat yoghurt



cooking instructions

- ❖ Slice two large onions, place in a bowl and coat with the vegetable oil.
- ❖ Mix the fajita seasoning with the flour.
- ❖ Lay the frozen chicken in an oiled tin and sprinkle on the seasoning and flour mix.
- ❖ Layer the sliced onions on top and place the tin into a pre-heated oven (180 °C/gas 5) for 18-22 minutes, stirring occasionally.
- ❖ Stir in the water, cover, and return to the oven for 10-15 minutes to gently simmer.
- ❖ Chop the tomatoes and cucumber into a fine dice and mix together.

assembly

- ❖ Warm up the tortilla in a microwave or low temperature oven.
- ❖ Place a piece of chicken into the centre, followed by a spoonful of sauce and onions.
- ❖ Add two spoonfuls of the tomato and cucumber mix.
- ❖ Run a small spoonful of the yoghurt along the top and fold up the wrap.

Chicken Fajita Wrap

Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Chicken Breast Fillet 57g	1368	g	4.73	6.47
onions	360	g	0.51	0.18
vegetable oil	40	g	0.43	0.02
fajita seasoning	40	g	15.22	0.61
plain flour	40	g	0.30	0.01
water	300	g	0.00	0.00
tomatoes	400	g	0.99	0.40
cucumber	400	g	2.27	0.91
flour tortillas	1440	g	1.08	1.56
low fat plain yoghurt	300	g	0.79	0.24
Total	4688	g		10.39
Number of portions	24			
Portion weight	186	g		
Cost per portion	43	p		

Nutritional Profile

L fat

L saturates

L sugars

M salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	137.8	kcal
fat	1.6	g
saturated fatty acids	0.3	g
carbohydrates	21.8	g
NME (non-milk extrinsic) sugars	0.0	g
fibre/NSP (non-starch polysaccharides)	1.2	g
protein	10.2	g
iron	0.9	mg
calcium	94.1	mg
vitamin A (retinol equivalents)	13.1	µg
folate	9.0	µg
vitamin C	2.5	mg
sodium	178.0	mg
zinc	0.6	mg



Additional Nutritional Information

This hand-held snack provides a good source of calcium and also has useful amounts of Vitamin A, C, folate, iron and zinc.

Allergen information:

Flour tortillas contain wheat, a potential allergen. These could be substituted with corn tortillas. Milk (in yoghurt) is also an allergen.

Please check labels of ingredients for other potential allergens.

Serving suggestions:

A small scoop of grated carrot with this hand-held item would help meet the requirements for one portion of the '5-a-day'.