



Cajun Chicken Fajitas with Avocado & Fresh Salsa

This is a really healthy dinner with fresh, whole ingredients. To get that authentic Mexican experience get the tortillas nice and crisp in a heavy dry pan. Tip: Make extra salsa and keep in the fridge!

Nutritional Info

Calories: 788 kcal
Carbohydrates: 47 g
Protein: 47 g
Fat: 17 g

Ingredients

- Chicken Fillet (Diced)
- Tomato
- Pepper
- Lime
- Garlic
- Fresh Coriander
- Avocado
- Tortilla Wrap
- Red Chilli
- Cajun Spice
- Cheddar Cheese

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

Wheat (Wrap)
Milk (Cheese)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Marinate the chicken**

In a bowl, combine the diced chicken with the Cajun spice and some olive oil. Mix well and set aside, allowing the chicken to marinade.

2) **Prepare the salsa**

Quarter the tomato and dice into small pieces. Remove the core from the pepper and dice it into a similar size as the tomato. Chop the chilli (remove the seeds for less spice). Crush the garlic. Chop the coriander.

3) **Make the salsa**

In a bowl, combine the diced tomato, pepper and chopped chilli. Now add the juice of half a lime, chopped coriander and the crushed garlic. Mix together and season with salt and pepper.

4) **Cook the chicken**

In a hot pan, fry the chicken for 5-7 minutes or until the chicken is cooked through. While the chicken is cooking, warm the wraps.

5) **Warm the wraps**

Heat the wraps in a warm oven or a large dry hot pan.

6) **Prepare the avocado**

Slice the avocado in half, then remove the stone and scoop out the center and mash it. Season and stir in a little lime juice.

7) **Finish the wrap**

When the chicken is cooked, start to assemble the wrap by spreading some mashed avocado on the bottom, next the chicken and then the salsa. Finish with a sprinkling of cheddar cheese on top..



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