

# Mexican chicken wraps

Serves 4 children

Suitable for ages 1 year +

Nutrition  Fat  Saturates  Sugar  Salt

*2–3 chicken breast fillets, sliced quite thinly*

*1 dsp fajita seasoning*

*1 1/2 tbsp groundnut or other light oil*

*1 red pepper and 1 yellow pepper, seeded and thinly sliced*

*4 tbsp ready-made mild red pepper sauce or tomato sauce*

*4 large tortilla wraps or pittas*

*2–3 tbsp thick natural yoghurt*

## NUTRITION NOTES

Lovely healthy finger food, rich in protein, vitamin C, carotenes and fibre.

- 1 Sprinkle the chicken pieces with half the fajita seasoning and cook them in half the oil in a non-stick frying pan until cooked through and golden. Remove with a slotted spoon to a plate.
- 2 Add the peppers to the pan with the rest of the oil and seasoning, and stir-fry over a medium-high heat for 8–10 minutes or until they are tender and turning brown. Return the chicken to the pan, add the red pepper sauce and cook for a minute or two, stirring.
- 3 Fill the wraps (or pittas) with the mixture and drizzle over the yoghurt.

## Variations

You can use other coloured peppers. You can add chopped fresh chilli to the pan with the peppers. You can use soured cream instead of the yoghurt. You can use pork or beef instead of the chicken, or use no meat and add some nuts, for veggies over five years.