Chicken Fajita Bowl

This quick and easy to make chicken fajita bowl is a nutritious dish where the chicken can be substituted for another meat or meat alternative of your choice.

Ingredients

2 large chicken breasts (finely sliced)

1 red pepper (finely sliced)

1 red onion (finely sliced)

1 tbsp smoked paprika

2 medium garlic cloves

Salad – lettuce, cucumber, cilantro, tomatoes, avocado, lemon juice

Low fat sour cream or salsa

Method

1. On a high heat fry the chicken with red onion, red pepper, paprika and garlic. Keep everything moving until chicken is cooked all the way through. Add a pinch of salt and pepper.
2. Mix salad ingredients of lettuce, cucumber, cilantro, tomatoes, avocado with squeezed lemon juice into a bowl.
3. Serve chicken fajitas in a bowl with salad and add optional low-fat sour cream or salsa.

Top Tip: Serve up extra portions for a healthy lunch the following day!