

ORIENTAL FAJITA



2 persons / 556 kcal per person

Ingredients:

- 1 tablespoon sweet soy sauce
- 1 teaspoon garlic powder
- 2 chicken thigh fillets
- 2 whole wheat tortillas
- 1 red bell pepper
- 1 yellow bell pepper
- 1 red onion
- 2 cloves of garlic
- 1 tablespoon of olive oil
- marinade:
 - 1 teaspoon ground cumin
 - 1 tablespoon smoked paprika powder
 - 1 tablespoon Chili garlic ginger sauce
 - 1 tablespoon of soy sauce
 - 1 teaspoon of salt
 - 1 tablespoon of honey
- optional garnish:
 - 15 grams of roasted peanuts

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Preparation:

Cut the chicken thigh fillet into strips. Mix the marinade ingredients together. Marinate chicken with sauce mix and mix well. Set aside for at least 30 minutes before cooking. Cut the bell pepper into strips, the red onion into slices and finely chop the garlic. Heat the oil in a frying pan and stir-fry the onion over medium heat for 3 minutes until the onion is soft. Add the marinated chicken and garlic to the onion and stir-fry for 4 minutes. Add the bell peppers and stir-fry for 5 minutes until the chicken is cooked through. Meanwhile, preheat the tortillas for ~15 seconds per side in a hot skillet. Divide the chicken and vegetables over the tortilla and garnish with chopped peanuts.

Nutritional value per person:

Energy:	556 kcal
Protein:	29.6 grams
Carbohydrates:	54.3 grams
- including sugars:	21.9 grams
Fat:	21.8 grams
Fiber:	10.4 grams
Salt:	2.8 grams