

Joelle's (Year 8) dish of Fiesta Fajita Bowl



Ingredients:

- 1 chicken breast (diced/ cubed)
- ¼ yellow pepper (sliced into strips)
- ¼ red pepper (sliced into strips)
- ¼ red onion (sliced into strips)
- ½ cup of rice
- 4 tablespoons of black beans
- 1 tsp paprika
- 1 tsp garlic granules
- 1 tsp mixed herbs
- 1 Pinch of salt
- 1 Pinch of pepper
- Shredded lettuce
- 4 tbsp of corn

For sauce (blend together):

- Garlic
- Chilli pepper
- Red bell pepper
- Balsamic vinegar
- Red wine vinegar
- Black pepper
- Smoked paprika
- Oregano
- Salt
- Olive oil
- Light cream/ coconut milk

For salsa:

- ¼ red onion
- ½ medium tomato
- ½ lime (squeeze its juice)
- Coriander (finely chopped)
- 1 pinch of salt
- 1 pinch of pepper

For guacamole:

- 1 large ripe avocado
- ½ medium tomato
- ½ lime (squeeze its juice)
- Coriander (finely chopped)

- 1 pinch of salt
 - 1 pinch of pepper
 - Sprinkle of chilli flakes (optional)
1. Cut chicken breast in half lengthwise and cook just like that (and cut after cooking), but you can also cut into strips before seasoning.
 2. Combine all seasonings in a bowl. Coat the chicken in the seasonings.
 3. Add the olive oil to a skillet. Once hot, add the chicken and cook on each side for about 4-5 minutes or until cooked through. Set aside on a plate and cut into strips if you haven't already.
 4. Add the sliced red onion and peppers to the same skillet and saute until golden brown, about 7-8 minutes. Toss in a bit more oil if you notice anything sticking. Set that aside and heat your beans for about 3 minutes on a low medium heat.
 5. Add the chicken back in and saute for 1-2 minutes to let the flavors blend.
 6. Assemble your bowls with a base of rice/lettuce, then add in the chicken/pepper mix, black beans, pico de gallo and chipotle aioli.