

EASY FAJITAS

Kids will enjoy getting involved in making these tasty fajitas.

If you do not have any xylitol, the next best thing to use for the tomato sauce is fruit sugar (fructose).

Serves
12



Ingredients:

- 1 organic or corn fed chicken breast
- 1 handful of grated cheddar
- 2 leeks
- 20 cherry tomatoes
- Thinly sliced cucumber and red pepper
- Chicken seasoning or Old El Paso Barbecue Fajitas seasoning
- 2 wheat tortillas (ideally wholemeal)

1. FOR THE TOMATO SAUCE: Heat 1 tbsp olive oil in a saucepan and add 2 leeks and cook gently. Then add 15-20 sweet cherry tomatoes and cook until soft. Then add 2-3 tsp xylitol plus

1 tbsp tamari soy sauce and blend to a smooth paste.

2. FOR THE CHICKEN: Cut the chicken into strips and marinate in a little olive oil and either the chicken seasoning or Old El Paso seasoning, for 10-30 minutes. (You can do this in advance and leave to marinate in the fridge). Fry in a little olive or coconut oil until cooked through.

3. HOW TO SERVE: Serve warmed tortillas on each plate and let the children serve themselves the tomato sauce, chicken and grated cheese and then show them how to roll them or fold them before eating. The raw veg can either be used in the fajita or served on the side.