

Enchiladas

Ingredients

3-4 skinless chicken breasts
1 green/red/yellow pepper
1 onion
1 can chopped tomatoes
1 packet fajita spice mix
100g grated cheese
Tub of sour cream or crème fraiche
8 flour tortillas

You will also need:
An ovenproof dish or baking tray

Equipment

Weighing scales
Large saucepan
Wooden spoon
Plate
Chopping board
Paring knife
Can opener
Grater
Baking tray

Method

1. Pre-heat oven to 200°C. Chop and peel vegetables.

2. Fry chicken in a frying pan with a little oil. After 2 minutes add vegetables and fry until soft.

3. Add chopped tomatoes, simmer for 5 minutes and then add packet of spice mix and stir well. Leave on heat to simmer.

4. Warm tortillas and lay out separately on the table. Divide mixture onto tortillas, sprinkle on some salsa (if using) and sour cream/crème fraiche.

5. Roll up tortillas and place in dish or onto tray. Cover with cheese and place in oven for 20 minutes.