



# Fajita Products



# Ingredient and Equipment list



## Ingredients:

- 1 onion
- 1 pepper/carrot
- 2 cloves garlic
- 1 tblsp oil
- 1 x dessert spoon tomato puree
- Herbs/ seasoning
- Paprika/chilli
- 100g cheese/chicken
- You could add salsa or guacamole at home?
- 2 Tortilla wraps

## Equipment:

- A large saucepan
- Chopping board
- Sharp knife (safety with carrying and washing)
- Wooden spatula for stirring
- A plate for rubbish
- Garlic crusher (share)
- Tin opener



# Process



- Peel and dice onion, Peel and crush garlic put in pan.
- Peel and slice any other vegetables add to pan.
- Put 1 tablespoon/dribble of oil in pan and fry gently, medium heat for 3 minutes.
- **Remember SAFETY! Turn the saucepan handle inwards.**
- Stir in 1 tablespoon of tomato puree and herbs (fresh or dried), season with salt and pepper. Add paprika and chilli.
- Season and simmer (bubble gently, low heat) for 10-15 minutes. Add a little water if needed. Taste to check seasoning.
- Spoon filling into tortilla wrap, add grated cheese and fold. Store in container.
- Wash and clear away, put equipment back in correct places.
- Reheat well at home probably best in the microwave.



# Fajita Reheating



- Reheat well at home either in the microwave or to make enchiladas .....
- transfer to a oven proof dish and sprinkle with cheese. Heat in the oven 180oC for 20 minutes or until piping hot!  
These are Enchiladas!