

Chicken Fajitas

★★★★★
5 from 16 votes

Prep Time

15 mins

Cook Time

15 mins

Total Time

30 mins

Chicken seared in a wicked homemade Fajita Seasoning so you get that gorgeous crust, then stuffed inside tortillas with chargrilled capsicum/bell peppers and onion. Colourful, flavour loaded and just happens to be healthy! Makes about 15 tacos. Click here for [STEAK FAJITAS](#).

Course: Dinner

Cuisine: Mexican

Servings: 5

Calories: 196 kcal

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Ingredients

Homemade Fajita Seasoning:

- 1/2 tsp each onion powder and garlic powder (Note 1)
- 1/4 tsp cayenne pepper (optional, adjust to taste)
- 1 tsp each cumin, paprika, oregano
- 3/4 tsp salt
- 1/4 tsp black pepper

Fajitas

- 3 chicken breasts (600 - 700g / 1.2 - 1.4lb)
- 3 tbsp lime juice
- 2 tbsp olive oil, separated
- 1 EACH red, green and yellow capsicum / bell pepper, medium size
- 2 onions

Fixings

- Small tortillas (corn or flour), warmed
- Sour cream
- Lime wedges
- Fresh coriander / cilantro leaves

Instructions

1. Combine Fajita Seasoning in small bowl.
2. Cut chicken in half horizontally to form 2 steaks. If thicker than 1.5cm / 3/5", pound to even thickness (optional). Place in bowl, add Seasoning, lime juice and a little drizzle of oil. Mix, set aside for 30 minutes - 24 hours. (Can skip marinating if needed)
3. Deseed capsicum and cut into 7mm / 1/3" strips. Halve onion and cut into thin wedges (or just slice).

To Cook:

1. Heat 1 tbsp oil over medium high heat in a heavy based skillet.
2. Add half the chicken and cook for 2 - 3 minutes on each side, until nicely charred. Transfer to plate, cover loosely with foil. Repeat with remaining chicken.
3. Scrape black bits out of skillet. Turn up to heat to high, heat remaining oil in skillet until smoking.
4. Add half the capsicum/onion. Cook for 2 - 3 minutes until charred and tender yet still a bit crisp. When it starts to sweat, sprinkle with salt & pepper. Transfer to serving platter, cook remaining capsicum/onion.

Serving:

1. Slice chicken thinly, pile onto serving platter.
2. Warm tortillas. To serve, take a tortilla and top with capsicum/onion. Top with chicken, a dollop of sour cream, drizzle of lime juice and coriander leaves. Eat and enjoy!

Recipe Notes

1. The onion and garlic powder can be substituted with 2 garlic cloves, minced. Add it with the lime juice.
2. To warm tortillas, I normally wrap a stack in foil then pop them in the oven. If I'm really lazy, I'll just microwave them!
3. I like to keep Fajitas simple with the chicken and juicy tender-crisp capsicum and onions and just have sour cream and lime juice on the side. However, don't let me stop you! Here are some more Taco Fixings: Shredded cheese, [Guacamole](#) (real deal Mexican style!), [Pico de Gallo](#) tomato salsa, [Restaurant Style Salsa](#) (pureed so it's like a sauce) and [Pickled Red Cabbage](#).
4. Nutrition is per taco, assuming 15 tacos made using flour tortillas. Toppings not included - I cannot be held responsible for how much you load these up!

Nutrition Facts	
Chicken Fajitas	
Serving Size: <input type="text" value="1"/> Serving (110.5g)	
Amount Per Serving	
Calories 196	Calories from Fat 50
% Daily Value*	
Total Fat 5.5g	8%
Saturated Fat 1.2g	6%
Trans Fat 0g	
Cholesterol 32.1mg	11%
Sodium 298.2mg	12%
Total Carbohydrates 21g	7%
Dietary Fiber 1.6g	6%
Sugars 1.4g	
Protein 14.9g	
Vitamin A	2.6%
Vitamin C	31%
Calcium	2.6%
Iron	9.1%
* Percent Daily Values are based on a 2000 calorie diet.	

Another great recipe by www.recipetineats.com