



Recipes

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Vegetable Fajitas

V vegetarian



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Vegetable Fajitas

V
vegetarian

Serves 4



Ingredients

- 1 Onion (150g) (Medium Sized)
- 6 Mushrooms (60g) (Medium Sized)
- 1 Tablespoon Vegetable Oil (10ml)
- 1 Green Pepper (160g)
- 1 Red Pepper (160g)
- 1 Tin Red Kidney Beans (400g)
- 1 Tin Chopped Tomatoes (400g)
- 1 Teaspoon Chilli Powder (3g)
- 1 Pinch Ground Black Pepper (1g)
- 8 Wheat Tortillas (480g)
- Natural Yogurt (100ml)

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.

Nutritional Information

Based on
a single
serving of
390g

Energy
472.00 kJ
1981.00 kcal

Fat
5.10g

Saturates
0.80g

Sugar
12.90g

Salt
1.60g

Method

1. Wash and slice all the vegetables. Drain and rinse the kidney beans.
2. Heat oil in a pan, fry the onions until golden then add the mushrooms for 2 minutes, then the peppers for a further 2 minutes.
3. Stir in the chopped tomatoes and kidney beans. Add the chilli powder and black pepper.
4. Bring to boil and then simmer on a low heat for 10- 15 minutes.
5. For each tortilla place the vegetable mixture down the centre and top with natural yogurt. Fold as per instructions on the packet.
6. Repeat for each tortilla and serve.

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Recipe courtesy of
Parent Club
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