

# Chicken Fajita Wrap

Allergens – **Gluten**

## Ingredients

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Quantity	Ingredient
1Kg	Cooked Chicken (diced)
450g	Onions (thinly sliced)
450g	Mixed Peppers (thinly sliced)
2g	Cayenne Pepper
55g	Tomato Puree
285ml	Water
5g	Garlic Puree
5g	Mild Chilli Powder
20	10" <b>Tortilla Wraps</b> (contains <b>Wheat</b> )



Vegetable & Carbohydrate is provided based on current menu

## Method

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1. Sauté the onions, garlic and mixed peppers.
2. Add a little water and cook until soft.
3. Add the chilli powder and cayenne pepper and cook for a minute.
4. Add tomato puree, chicken and the rest of the water and simmer for 30 minutes.
5. Place the chicken mixture in centre of tortilla, fold and roll to completely enclose the mixture.
6. Place in a serving tin/dish with a lid and heat to 75°C to serve.

## Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 120.5	= 0.44	= 0.1	= 1.8	= 0.55	= 21.3

Portion size - Primary –180g

Tortilla @ 56g = **23.9 Carbs**