

BUILD YOUR OWN FAJITAS



PREP: 20 min **TOTAL:** 35 min **SERVES:** 4

For the fajita tomato sauce:



100g tomato
passata



1 tsp dried herbs



1 tsp fajita
seasoning



1 tsp garlic powder, or 2
chopped garlic cloves



Salt & pepper, to taste

For the filling::



8 flour tortillas



400g canned black
beans, drained



1 red and 1 yellow
pepper, cut into strips



1 red onion,
cut into strips



1 lime, juice only



1/2 tsp garlic powder



Handful fresh
coriander, chopped

FAJITA SIDE DISHES

INGREDIENTS:

Pea-camole

Prep time: 10 mins, plus soaking.

No cooking! Serves 6 as a side dish.



200g frozen peas



2 ripe avocados



**2 limes,
juice only**

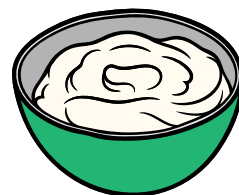


**Handful fresh
coriander, chopped**

Sour Cream & Chive

Prep time: 10 mins. No cooking!

Serves 6 as a side dish.



240g sour cream



1/2 lime, juice only



Small bunch of chives

Tomato & Cucumber Salsa

Prep time: 10 mins. No cooking!

Serves 6 as a side dish.



**1 punnet of
cherry tomatoes**



1/2 cucumber



1/2 red onion



1 garlic clove



1/2 lime



**1/2 small bunch
of coriander**

INSTRUCTIONS:

Pea-camole

1. Tip peas into a mixing bowl and cover with about 2.5cm of boiling water, leave for 5 minutes to defrost them. Drain well and tip back into the bowl.

2. Halve and stone your avocado.

To do this, cut lengthways through to the large stone in the middle.

Repeat this around the whole avocado, so that you can twist both sides around the stone – you will then be able to separate the two halves and remove the stone.

FAJITA SIDE DISHES

TIP: to check if an avocado is ripe, pull back the small stem from the thinner end of the fruit – if underneath is green or yellow then it is ripe.

5. Using a dessertspoon, spoon out the green flesh leaving the skin behind.

6. Add to peas and mash everything together.

7. Wash coriander and roughly chop, add to the mix and stir.

8. Refrigerate until ready to serve.

Tomato & Cucumber Salsa

1. Finely chop all of the vegetables and put into a bowl
2. Add lime juice and stir to combine ingredients
3. Wash and chop coriander and mix with vegetable
4. Refrigerate until ready to serve

Sour Cream & Chive

1. Wash and chop chives. Add sour cream, lime juice and chives into a bowl and mix until all combined.
2. Refrigerate until ready to serve.

TIP: If you find it a little too sharp reduce the amount of lime or if you like it tangy add more.

TIP: You could remove the chives or add finely chopped onion.