

Vegetable Fajitas



vegetarian

Preparation: 5 mins

Cooking: 15 mins

Serves 4, costs under £4.00



Ingredients

- 1 Onion (150g) (Medium Sized)
- 6 Mushrooms (60g) (Medium Sized)
- 1 Tablespoons Vegetable Oil (10ml)
- 1 Green Pepper (160g)
- 1 Red Pepper (160g)
- 1 Tins Red Kidney Beans (400g)
- 1 Tins Chopped Tomatoes (400g)
- 1 Teaspoons 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 kcal
1981.00 kJ

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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