

MEALTIME HELPER

MAKING MEALTIME EASY

Chicken Fajitas

Prep time: 15 minutes (plus 15–30 minutes marinating, optional)

Cook time: 12–15 minutes

Total time: 27–60 minutes (depending on marinating)

Servings: 4 (about 3–4 fajitas per person)

Ingredients

- 1 1/2 pounds (700 g) boneless, skinless chicken breasts or thighs, thinly sliced
- 3 tablespoons olive oil, divided
- 2 tablespoons lime juice (about 1 lime)
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika (or regular paprika)
- 1 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon kosher salt (adjust to taste)
- 1/4 teaspoon black pepper
- 1 large red bell pepper, thinly sliced
- 1 large green bell pepper, thinly sliced
- 1 medium yellow or white onion, thinly sliced
- 8 small flour or corn tortillas (6–8 inch)
- Optional garnishes:
 - Sliced avocado or guacamole
 - Sour cream or Greek yogurt
 - Fresh cilantro, chopped
 - Lime wedges
 - Salsa or pico de gallo
 - Shredded cheese

Directions

1. **Make the marinade:** In a bowl, whisk together 2 tablespoons olive oil, lime juice, minced garlic, cumin, smoked paprika, chili powder, oregano, salt, and black pepper.
2. **Marinate the chicken:** Place the thinly sliced chicken in a shallow dish or zip-top bag. Pour the marinade over the chicken, toss to coat evenly, and refrigerate for at least 15 minutes (up to 30 minutes for more flavor). You can skip marinating for a quicker cook, but flavors are better with a short rest.
3. **Prep the vegetables:** While the chicken marinates, slice the bell peppers and onion into thin strips. Warm the tortillas briefly (see step 8).
4. **Heat the pan:** Heat a large cast-iron skillet or heavy-bottomed frying pan over medium-high heat. Add the remaining 1 tablespoon olive oil and swirl to coat.
5. **Cook the chicken:** Add the marinated chicken to the hot pan in a single layer (work in batches if needed). Sear without moving for 2 minutes, then stir and cook another 2–3 minutes until cooked through and slightly browned. Remove the chicken to a plate and cover loosely with foil.
6. **Sauté the vegetables:** In the same skillet, add the sliced onions and bell peppers. Cook, stirring occasionally, for about 4–6 minutes until they are tender-crisp and slightly charred. Season with a pinch of salt and pepper. If you like softer veggies, cook a minute or two longer.
7. **Combine chicken and veggies:** Return the cooked chicken to the skillet and toss with the peppers and onions for 1–2 minutes to heat through and let the flavors meld. Taste and adjust seasoning (salt, lime) as needed.
8. **Warm the tortillas:** Wrap tortillas in a clean kitchen towel and microwave for 20–30 seconds, or warm them individually in a dry skillet for 15–20 seconds per side until pliable and lightly toasted.
9. **Assemble and serve:** Place a few spoonfuls of the chicken and pepper mixture onto each tortilla. Top with desired garnishes: avocado or guacamole, sour cream, salsa, cilantro, shredded cheese, and a squeeze of lime.
10. **Enjoy:** Fold or roll and eat while hot. Fajitas are best fresh — crunchy veggies and warm tortillas are the dream team.

Tips:

- For extra char, cook the peppers and onions over high heat and avoid overcrowding the pan.
- Swap chicken for skirt steak, shrimp, or a mix of vegetables for variations.
- Leftovers store 3–4 days in the fridge (store tortillas separately). Reheat in a skillet or oven to keep texture.

Buen provecho — your fajita game just leveled up.