



Oven Ready Fajitas

Guac and Salsa

Ingredients

- 4tbsp vegetable oil
- 1 onion, peeled and cut into thin wedges
- 3 garlic cloves, crushed
- 1 small to medium sized sweet potato, peeled and cut into small chunks
- 1 courgette, cut into small chunks
- 3-4tsp fajita seasoning
- 2 red peppers, deseeded and cut into small chunks
- 8 large softwheat tortillas
- Coriander leaves to garnish (optional)
- Lime wedges to garnish (optional)

For the guacamole:

- 1 large ripe tomato
- 2 spring onions, washed and trimmed
- 1 ripe avocado, halved and stone removed
- 3 good squeezes of lime juice
- 2 garlic cloves, peeled and crushed
- A small handful fresh coriander
- 1 small red chilli, deseeded

For the salsa:

- 400g tin chopped tomatoes
- 2 spring onions, washed, trimmed and chopped
- 100g frozen sweetcorn, thawed
- Pinch of sugar
- Salt and pepper

Preparation time

25
mins

Cooking time

35
mins

Step 1.

Preheat the oven to 200°C 180°C Fan, Gas Mark 6.

Put a large oven tray in the oven for 5 minutes to heat up.

Step 2.

Meanwhile, throw the onions, garlic and sweet potato into a large bowl. Drizzle with half the oil and add half the fajita seasoning. Toss well to coat. Season with a little salt and black pepper.

Step 3.

Using oven gloves, remove the tray from the oven and scatter the coated ingredients over and roast for 20 minutes. Whilst those are cooking, place the courgettes and red peppers in the bowl you have just used. Add the remaining fajita seasoning and a little more oil to coat. Set aside.

Step 4.

Meanwhile, make the guacamole: Using a large board to work on, take the tomato and chop it up. Now add the spring onion and chop that with the tomato. Scoop the avocado out of the shell and start chopping into the spring onions and tomatoes

Step 5.

Add the lime juice, garlic, coriander and chilli. Roughly chop, or if you like mash the ingredients with a potato masher! Spoon into a bowl and cover until you are ready to serve.

Step 6.

Take the roasted vegetables out of the oven and add the peppers and courgettes. Toss well and cook for a further 10 minutes.



 Photo credit: Taryn Green, RHUL Student

Step 7.

Meanwhile, make the salsa: Pour the tomatoes into a sieve and shake to allow the excess juice to run away. Tip the drained tomatoes into a bowl and stir in the remaining ingredients. Season and add a pinch of sugar. Spoon into a serving bowl.

Step 8.

Place the tortillas in the microwave and warm through for a minute on full power. Remove the roasted vegetables from the oven and spoon into a bowl. Have fun creating your handy supper!



Sally's Tips

“Want to make your own fajita seasoning? Mix the ingredients together and pop them into a clean dry lidded jar, you can use a tablespoon at a time.”

½tbsp hot chilli powder, 2tbsp sweet smoked paprika, 1tbsp ground cumin, 1tbsp garlic powder, ½tbsp ground coriander and 1 heaped tbsp dried oregano.