

Chicken Fajita Roll-Ups

INGREDIENTS

For the Marinade:

2 Tbsp olive oil
Juice of half a lime
1 clove garlic, minced
1 tsp. chili powder
 $\frac{1}{2}$ tsp. cumin
 $\frac{1}{2}$ tsp. dried oregano
 $\frac{1}{2}$ tsp. salt
Pinch of cayenne pepper
2 Tbsp cilantro, chopped

For the Chicken:

3 chicken breasts
 $\frac{1}{2}$ red bell pepper, sliced
 $\frac{1}{2}$ yellow bell pepper, sliced
 $\frac{1}{2}$ green bell pepper, sliced

Note: You can replace the chicken with beef.

METHOD

In a small bowl, whisk together olive oil, lime juice, garlic, chili powder, cumin, oregano, salt, cayenne and cilantro. Set aside.

Slice the chicken breasts longways into 2 even slices and firmly pound the chicken to an even thickness.

Place chicken cutlets into a large re-sealable freezer bag and pour marinade over. Marinate for a minimum of one hour to overnight.

Once chicken has marinated, place 6 bell pepper slices in the middle of the chicken cutlet, roll up and secure with a toothpick. Place seam side down in a prepared baking dish.

Brush tops of chicken with remaining marinade and bake, uncovered, at 160C for about 25 to 30 minutes.



FROM THE  OF: Cornia