

# Smoky Fajitas

These quick and easy fajitas are colourful, fragrant and zesty. You can either serve these ready assembled, or allow each diner to make their own at the table! The black beans are a great source of protein which is essential for building strong muscles.



Follow the instructions overleaf or see our chefs make this dish in our recipe video.



Open your QR code reader on your smartphone. Hold the device over the code and click to watch.

## Equipment you will need:

Sharp knife	Colander or sieve
Chopping board	Measuring spoons
Frying pan	Wooden spoon
2 dishes	
Tin opener	

## Ingredients (allergens highlighted in bold):

1 red onion	1/2 teaspoon ground cumin
1 pepper	1 tin black beans
1 clove garlic	1 teaspoon dry coriander leaf
1 tablespoon oil	2 large tomatoes
1/2 teaspoon chilli powder	1 lime
1/2 teaspoon smoked paprika	<b>4 tortilla wraps</b>

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

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## Instructions:

Preheat the oven to 150C / Gas mark 2.

1. Wash the peppers. Peel and slice  $\frac{3}{4}$  of the onion, peel and finely chop the garlic and cut the peppers into strips. Cut the lime into 4 wedges.
2. Make a quick salsa by dicing the tomatoes and  $\frac{1}{4}$  red onion, mix together in a bowl with the lime juice from 2 of the wedges and set aside to let the flavours infuse.
3. Wrap the tortillas in foil or cover with an upside down plate and warm in the oven whilst you make the filling.
4. Heat the oil in a frying pan and fry the peppers and remaining red onion until soft and browning at the edges, about 5 minutes.

Remember to measure or check the weights of your ingredients. We may have included more than you need.

5. Add the chopped garlic, the chilli powder, smoked paprika, ground cumin and stir. Cook for two minutes more until the spices become aromatic.
6. Open and drain the tin of black beans and add them to the vegetables. Squeeze in the remaining lime juice and the coriander.
7. Stir the beans around the pan to warm them through and help them absorb the flavours in the pan.
8. Place  $\frac{1}{4}$  of the vegetable and bean mix in each wrap, top with salsa and wrap up to serve.

Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.

### Tasty toppings

If you have an extra banana or some berries use them as a topping for your pancakes. You may also enjoy a drizzle of syrup or honey.



By mid-century, the world population will hit 9 billion people. By then, food production must be increased by 70% to meet this demand.