

# Health and Wellbeing

## Partnership

The Health & Wellbeing Partnership aims to reduce health inequalities in Nottingham - so that no one is disadvantaged by who they are or where they live.

One of the ways we do this is by working with local agencies and organisations to:

- promote physical activity
- provide healthy eating advice
- support people who want to quit smoking

**Be healthy,  
feel good,  
live longer**

To find out how to improve your health and wellbeing please visit [www.getmovingnottingham.nhs.uk](http://www.getmovingnottingham.nhs.uk)

**ONE**  
NOTTINGHAM



Just Eat More  
(fruit & veg)

**NHS**

NHS Nottingham City  
Nottingham Community Nutrition and Dietetics Service

# Chicken fajitas

Serves 4  
Preparation  
time 10 mins  
Cooking time  
30 mins



## What to do

1. Heat the oil in a large pan, add the onion and garlic and cook for 3-4 minutes until softened.
2. Add the chicken and cook until it turns golden.
3. Stir in the peppers, mushrooms and spices and cook for a further 2 minutes.
4. Add the chopped tomatoes and cook until most of the liquid has gone.
5. Warm the tortillas in a heated oven for 3 minutes or a microwave for 1 minute.
6. Spread some low fat yoghurt over a tortilla followed by some of the chicken mixture. Fold up from the bottom edge and each side and roll up. Serve immediately.

## Ingredients

- 2 dessertspoons vegetable oil
- 4 skinless chicken breasts, cut into strips
- 1 onion, chopped
- 1 clove of garlic, crushed
- 2 peppers of different colours, cut into strips
- 6 mushrooms, sliced
- 1 teaspoon cumin
- 1/2 teaspoon chilli powder
- 1/2 teaspoon paprika
- 1 teaspoon turmeric
- 1 large tin of chopped tomatoes
- 8 flour tortillas
- 1 small pot natural low fat yoghurt (optional)

**Kidney beans or other tinned beans can be used in the filling, or can replace the chicken as a vegetarian version.**

**A serving gives you 2 of your 5 A Day portions.**

**Option:  
Salad can be  
rolled into the  
tortillas with  
the chicken.**

Recipe produced by the Public Health Nutrition Team. Free cook and eat groups are available for those aged 40+ interested in healthy eating on a budget and developing cooking skills. Call **0115 883 4291** for further details.