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Low FODMAP Chicken Fajitas (GF)

Posted on June 22, 2023







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These gluten-free, low FODMAP chicken fajitas are a delicious and nutritious meal, perfect for lunch or dinner across any season. The spiced, lime chicken and pan fried vegetables perfectly compliments the zing of the fresh avocado, tomato and sour cream. This recipe is ideal for meal planning, it is easily stored in the fridge for up to 7 days, and can be whipped up into a wrap or rice bowl within minutes.

Low FODMAP Chicken Fajitas (GF)

Prep Time: 25 minutes

Cook Time: 20 minutes

Serves: 6

Ingredients:

- 3 Boneless chicken breasts
- 3 Red Capsicums
- 150g Broccoli heads
- ¼ tsp Chili powder
- ½ tsp Cumin
- 1 tsp Smoked paprika
- 1 tsp oregano
- 1 tbsp Spring onion, diced (Green parts only)
- 1 Lime
- 1 tbsp Extra-virgin olive oil
- Salt and Pepper

For Serving

- Gluten Free Tortillas
- 1 Tomato, diced
- 1 Avocado, diced
- Lactose Free Sour Cream

Method:

1. Create the fajita seasoning by combining Chili powder, cumin, smoked paprika, and oregano into a small bowl.
2. Finely slice chicken breasts into 2 x 8 cm pieces. Generously cover chicken with fajita seasoning, using your fingers.
3. Dice capsicums and broccoli heads.
4. Brown chicken on high with a frying pan, then turn down to medium for 10-15 minutes or until chicken is cooked through and golden in colour.

5. Remove chicken from the pan and fry vegetables in the same pan on medium heat, collecting as much of the flavour/seasoning from the sides of the pan as possible. When Vegetables are charred and golden brown, remove the pan from the heat and add chicken and lime juice. Lightly toss Chicken and vegetables before serving.
6. Option to serve with lactose free cream cheese, fresh tomato and avocado on a gluten free tortilla to serve.

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