



Healthy Eat & Cook Class

Online Video & Recipe

**Recipe: Mexican Chicken Fajitas, Home-Made Salsa
& Guacamole, Exotic Fruit Salad and Virgin Mojito**

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Mexican Chicken Fajitas

Serves 4 Prep & Cook 30 min



LOW	LOW	LOW	LOW
FAT	SATS	SUGAR	SALT

Ingredients:

- 2 tsp ground cumin
- 2 tsp ground coriander
- Pinch cayenne pepper (exclude for children)
- 2 tbsp olive oil
- 1 onion, halved and sliced
- 3 red peppers, cut into strips

- 350g chicken breast, sliced
- small handful fresh coriander leaves
- 8 small tortillas wraps
- 100g reduced fat cheddar cheese, grated
- ½ lettuce, sliced

Method:

1. Mix the cumin and coriander with some salt and pepper, and set aside. For parents add some cayenne pepper, if desired.
2. Season you chicken breast with half of the spice mix. Leave to marinate.
3. In the frying pan heat half of olive oil, add the onion, peppers and the remaining spice mix. Cook for about 5 minutes then set aside.
3. In the grill pan, use remaining oil and grill you spiced chicken breasts for about 10 minutes or until well done.
4. Tip the chicken into a separate bowl, garnishing with coriander. Heat the wraps. Serve with reduced fat grated cheese and lettuce. Bring everything to the table and let everyone help themselves! Enjoy!

Nutritional Information:

Calories	495cal
Protein	30g
Total fat	23g
Sat fat	8g
Carbohydrates	45g
Sugar	10g
Dietary Fibre	4g
Salt	1.74

Home Made Salsa

Serves: 4 Prep & Cooking time: 10 min



	LOW	LOW	LOW	LOW	VEG	DAIRY	GLUTEN
CAL	FAT	SATS	SALT	SUGAR	YES	FREE	FREE

Ingredients

- ½ fresh red chilli, to your taste (for children exclude chillies)
- 3-4 ripe medium tomatoes or 16 Cherrie tomatoes, finely chopped
- ½ bunch fresh coriander including stems, finely chopped
- ½ lime juice
- sea salt and ground black pepper to season

- extra virgin olive oil to season

Method

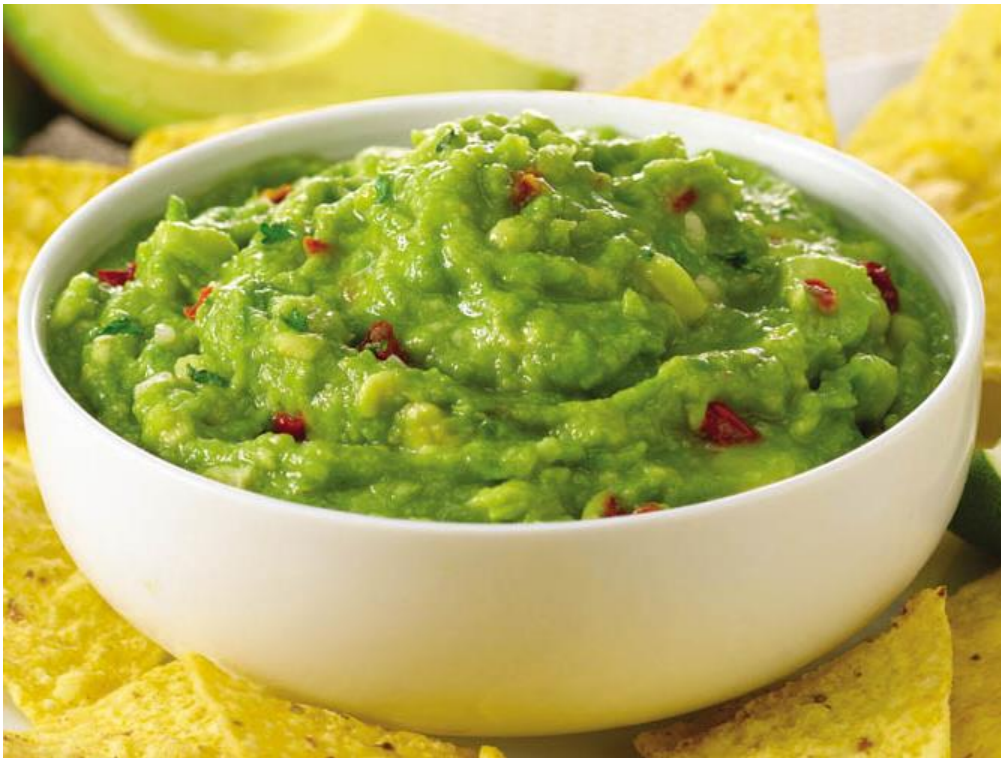
1. Finely chop your chilli (stems, seeds, ribs removed).
2. Finely chop your tomatoes and coriander.
3. Put the chilli (for parents only) and tomatoes into a bowl. Season with salt, pepper, lime juice and splash of olive oil.
4. Stir in your chopped coriander. Enjoy!

Nutritional Information:

Calories	24cal
Protein	4g
Total fat	0g
Sat fat	0g
Carbohydrates	8g
Dietary Fibre	2 g
Salt	0.8g

Guacamole

Serves: 4 Prep & Cooking time: 10 min



LOW	LOW	LOW	LOW	LOW	VEG	DAIRY	GLUTEN
CAL	FAT	SATS	SALT	SUGAR	YES	FREE	FREE

Ingredients

- 3 ripe avocados
- 2 garlic cloves, minced or pressed
- 6 cherry tomatoes, finely chopped
- 1 lemon or lime, juiced
- handful of fresh coriander, finely chopped
- 1 small red onion finely chopped
- sea salt
- crushed black pepper to season

Method

1. Slice the avocado in half, remove the pit and the skin, and place it in a mixing bowl.
2. Mash the avocado in the bowl and make it chunky or smooth, as you like.
3. Finely chop onion and tomatoes.
4. Mince or press garlic
5. Wash coriander and chop finely.
6. To avocado add tomatoes, lemon / lime juice, coriander, onion and garlic and season with salt and pepper. Enjoy!

Calories	119 cal
Protein	2 g
Total fat	10 g
Sat fat	1 g
Carbohydrates	8 g
Dietary Fibre	5 g

Exotic fruit salad

Serves 4 Prep 20 min Cook n/a



LOW	LOW	LOW	LOW	GLUTEN	DAIRY	VEG	2
CAL	FAT	SATS	SALT	FREE	FREE	YES	5\DAY

Ingredients:

- 1 pomegranate
- 2 kiwis, peeled and finely chopped
- 2 small mangos, peeled and diced
- 1 ripe banana, peeled and diced
- 1 lime, juice
- 4tbsp fresh mint, washed and chopped

Method:

1. Roll the pomegranate on a chopping board so you can hear and feel the seeds breaking away on the inside. Cut it in half horizontally and, using a fork, carefully remove the seeds, ensuring you don't get any of the bitter white pith. It's a bit fiddly, but it doesn't take that long.
2. Put the pomegranate seeds in a bowl, then add the chopped kiwis, mangoes and chopped banana, and mix gently. Pour over the lime juice, then add the mint, and toss together gently.
3. Serve and enjoy!

Calories	23 kcal
Protein	2.6g
Fat	0.4g
Saturates	0.1g
Fibre	1.7g
Sugar	0.1g
Salt	0.1g
Calcium	53mg
Carbs	19.9g
Iron	1.3mg

Virgin Mojito



Ingredients:

Fresh lime juice

Fresh mint

Strawberry, Raspberry or Pomegranate

Ice

Honey