MEXICAN · DINNER · LUNCH

Chicken Fajitas with Homemade Seasoning

30 min · Serves 6 · 200 kcal a serve · Video 5:16 · Downshiftology

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

25 g protein, 6 g net carbs and only about 260 mg sodium a serve: chicken breast and three peppers with a homemade spice mix that uses just ½ tsp salt for six, with no sugar.

Diet notes: Low carb (5.4 g net carbs) but not keto: 34% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.4 g, 6% of the energy); DASH-friendly (250 mg sodium a serve).

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Ingredients 13 · SERVES 6

- ☐ ½ tbsp **chili powder**
- ☐ ½ tbsp **ground cumin**
- ☐ 1 tsp **garlic powder**
- ☐ ½ tsp **paprika**
- ☐ ½ tsp **dried oregano**
- ☐ ½ tsp **kosher salt**
- ☐ ¼ tsp **ground black pepper**
- ☐ 3 **boneless**, skinless chicken breasts
- ☐ 2 tbsp **olive or avocado oil**
- ☐ 2 large **bell peppers** (one red, one yellow), thinly sliced
- ☐ 1 large **green bell pepper**, thinly sliced
- ☐ 1 **yellow or red onion**, thinly sliced
- ☐ **Lime juice**: juice of ½ lime

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the chili powder, cumin, garlic powder, paprika, oregano, salt and pepper to make the fajita seasoning; it has no sugar or fillers. 0:37
2. Sprinkle the seasoning generously over both sides of the chicken breasts and rub it in. 1:29
3. Heat 2 tbsp oil in a large (ideally cast-iron) pan over medium heat and cook the chicken 7–8 minutes a side, until charred outside and 71–74 °C in the centre. Meanwhile slice the peppers and onion into thin strips. 2:11
4. Rest the chicken on a board. Add the peppers and onion to the pan and stir often for 4–5 minutes, picking up the spices. 3:36
5. Slice the chicken into thin strips, return it to the pan, toss with the vegetables and squeeze over the lime. 4:06

> **Tip** Lisa serves it in tortillas with avocado, pico de gallo and sour cream, or over salad greens (none of these in the numbers). Lettuce cups or a big salad keep it paleo; it keeps 5 days in the fridge for meal prep.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
200 kcal	25 g	7.7 g	2.3 g	7.7 g	250 mg
840 kJ	49% of a day	5.4 g net · 3.9 g sugars	8% of a day	1.4 g saturated	11% of a day
		3% of a day		10% of a day	

Energy from net carbs 11% · protein 53% · fat 36% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 96% · Vitamin B6 42% · Selenium 38%

Source of (10–19%) Vitamin E 13% · Vitamin A 12% · Vitamin B12 11% · Zinc 10%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=VSmCWKLHWxk. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-chicken-fajitas