MEXICAN · DINNER

Easy Skillet Chicken Fajitas

30 min · Serves 4 · 589 kcal a serve · Video 8:04 · Natashas Kitchen

No dairy listed · No nuts listed

Each serve has about 47 g of protein from lean chicken breast plus three peppers' worth of vegetables, giving well over a day's vitamin C. Spices and lime add flavour without sugar.

Diet notes: Low carb (39 g net carbs) but not keto: 44% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (4.6 g, 7% of the energy); Paleo with a swap: leave out the flour tortillas; Gluten-free with a swap: Use corn tortillas to keep it gluten-free.

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Ingredients 16 · SERVES 4

- [ ] 2 large (1½ lb) **boneless skinless chicken breasts**, halved lengthwise
- [ ] 4 tbsp **olive oil**, divided
- [ ] 2 tbsp **fresh lime juice**
- [ ] 1 tsp **ground chilli powder**
- [ ] 1 tsp **ground cumin**
- [ ] 1 tsp **paprika**
- [ ] 1 tsp **onion powder**
- [ ] 1 tsp **garlic powder**
- [ ] 1 tsp **fine sea salt**, plus more to taste
- [ ] ½ tsp **ground black pepper**
- [ ] 2 **bell peppers** (red and yellow), sliced ¼ inch thick
- [ ] 1 **green bell pepper**, sliced ¼ inch thick
- [ ] 1 medium **onion**, thinly sliced
- [ ] 8 small **flour tortillas**, warmed, to serve
- [ ] **lime wedges**, to serve
- [ ] **coriander**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten. 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. Whisk the lime juice, 2 tbsp olive oil, chilli powder, paprika, cumin, onion powder, garlic powder, salt and pepper in a large bowl. Halve the chicken breasts lengthwise into cutlets and turn them in the marinade. 0:27
2. Leave the chicken to marinate while you slice the peppers into ¼-inch strips and thinly slice the onion. 1:31
3. Heat a large heavy skillet over medium heat with 1 tbsp oil. Cook the chicken 3–5 minutes per side until browned and 165°F inside, then rest it on a board. 2:29
4. Add the last 1 tbsp oil and sauté the peppers and onion 5–6 minutes, scraping up the browned bits, until soft and golden in spots. Season to taste. 3:12
5. Slice the chicken thinly against the grain and stir it back into the pan. Warm the tortillas in a dry pan or over a flame and serve with lime wedges and coriander. 4:02

> **Tip** Serves 4 (8 fajitas, her written recipe). She tops them with avocado or guacamole, cheese, salsa and sour cream; those aren't counted here. Wholemeal or corn tortillas add fibre.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
589 kcal	47 g	46 g
2,470 kJ	94% of a day	39 g net · 7.4 g sugars
		17% of a day

FIBRE	FAT	SODIUM
7.1 g	24 g	1,100 mg
25% of a day	4.6 g saturated	48% of a day
	30% of a day	

Energy from net carbs 28% · protein 34% · fat 38%

High in (20%+ of a day) Vitamin C 147% · Selenium 97% · Vitamin B6 72% · Vitamin E 29% · Iron 24% · Magnesium 23% · Zinc 23%

Source of (10–19%) Vitamin K 19% · Folate 19% · Vitamin A 18% · Vitamin B12 18% · Potassium 17% · Omega-3 14%

Recipe and video: Natashas Kitchen (@Natashaskitchen) on YouTube — youtube.com/watch?v=g-LT0igt9lo, published 28 April 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/easy-skillet-chicken-fajitas