

LighterLife Management

Week 6 Recipes:

Fast steak and pepper fajita

Our take on the classic Tex-Mex dish is so easy to make, packed with taste and great for the whole family.

Serves: 1

Nutrition per serving:

388 kcal, 32g protein, 47g carbs, 10g fat, 6g fibre

Ingredients:

- ½ red onion, sliced
- ½ red or yellow pepper, deseeded and sliced
- ½ green pepper, deseeded and sliced
- 1 clove garlic, crushed (or 1 tsp minced)
- 60ml hot stock
- 100g lean sirloin steak, cut into thin strips (all visible fat removed)
- freshly ground black pepper
- pinch smoked paprika
- pinch cumin
- pinch ground coriander
- 1 large soft tortilla (approx 60g)
- 1 tbsp chopped fresh coriander
- ½ medium tomato, diced
- 1 tsp lime juice

Method:

1. Place a ridged non-stick grill pan or frying pan over a low heat. Add the onion and peppers with the stock and cook, turning occasionally, for about 10 mins, until tender and the stock has evaporated.
2. Increase the heat and add the strips of steak. Grind in lots of black pepper, sprinkle with the paprika, cumin and ground coriander, and cook quickly, turning the steak until it's seared on the outside but still pink and juicy inside – everything should be really hot and sizzling.
3. Place the steak and vegetables on the warmed tortilla, top with the coriander and tomatoes, and sprinkle with the lime juice. Fold or roll up the tortilla, and serve immediately.

Tips:

- Use 125g skinned chicken breast fillets instead of steak. You could also use Quorn strips or plenty of meaty mushrooms like shiitake or oyster for a veggie version. Add some red chilli, finely sliced, to the steak when cooking for a blast of heat.