

CITY LIFESTYLES



CITY IN THE
COMMUNITY



OFFICIAL PARTNER OF CITY IN THE COMMUNITY

Recipe name: De Bruyne's Veggie Fajitas

Serves: 4 people

Preparation time: 10 mins

Cooking time: 15 mins

Starting line-up (*ingredients*):

Quorn pieces, tortilla wraps, red pepper, garlic clove, onion, 1 tbsp olive oil, 2 tbsp mild chilli powder



Warm-up (*preparation*):

Chop onion, garlic and pepper. Mix chilli powder, garlic, onion, pepper and oil together



Game plan (*method to make*):

1. Heat the pan
2. Add the veg and oil mixture to the pan
3. Add the Quorn chicken pieces to the pan and ensure they are cooked through
4. Heat up wrap on the pan for 30 seconds
5. Add the mixture to the wrap and add salsa/lighter than light mayonnaise



Substitutes

Salsa could be swapped for low fat yogurt

Gluten intolerance – gluten free wraps

Dairy allergy – dairy free yogurt

Add more vegetables e.g. sweetcorn

Add small amounts of cheese

Nutritional benefits:

Quorn Chicken – great source of protein

Whole meal tortilla – slower energy release than white

Red pepper – vitamin C

Each serving provides 270k kcal per person, 157g carbohydrates, 77g protein, 16g fats



CITY LIFESTYLES



CITY IN THE
COMMUNITY



OFFICIAL PARTNER OF CITY IN THE COMMUNITY