

20-Minute Skillet Chicken Fajitas



40 min.



4 servings



PER SERVING
250 CAL
FAT: 10.5g
CARB: 11.6g
PROTEIN: 27g

30

INGREDIENTS

- 1 lb Chicken Breast, sliced into thin strips
- 2 tbsp Cilantro, chopped
- 1 tsp Oregano, dried
- 1 tsp Chili Powder
- 1 tsp Sweet Paprika
- ½ tsp Cumin, ground
- 1 clove Garlic, minced
- 1 tsp Salt
- 2 tbsp Olive Oil
- Juice of ½ Lime
- 2 medium Bell Peppers, thinly sliced
- 1 medium Onion, thinly sliced

DIRECTIONS

1. In a large bowl combine chicken, cilantro, oregano, chili powder, sweet paprika, cumin, garlic, and salt. Toss until chicken is coated and set aside.
2. Heat 1 tbsp of olive oil in a large skillet over medium-high heat.
3. Add the peppers in a single layer. Try to get them a little charred underneath before you move them around. Once they've begun to brown, add sliced onion, and ½ teaspoon of salt. Wait again for some color to develop before you move them.
4. When peppers are nicely charred in spots and onions have softened and sweetened, scrape mixture onto a plate to clear the skillet.
5. Return skillet to the burner and heat remaining 1 tablespoon of olive oil.
6. When sizzling, spread chicken strips in as much of a single layer as you can. Wait until they brown underneath to move them. Sauté strips, regularly pausing so that they can get some color, until cooked through, about 6 minutes.
7. Add pepper mixture to the skillet along with the lime juice.
8. Heat again until everything is sizzling.
9. Sprinkle with a bit of chopped fresh cilantro and serve immediately.



MIKE - THE IRON YOU