

Recipe



sweet potato and pepper fajitas

To make 10 children sized portions

Colorful fajitas are a fun way for children to “eat the rainbow” and try new flavors. Serve with soft wraps, cheese, lime wedges, and yoghurt for a tasty, veggie-packed meal they can build themselves!

The easiest way to get everything ready is to prep all your ingredients and place them in baking trays. Start by putting the item that takes the longest to cook in the oven first (in this case, the rice). Then, add the quicker-cooking ingredients afterward so that everything finishes at the same time.

Please keep in mind all ingredients must still reach desired safety temperature and must be recorded.

fajita spice mix ingredients

- 1 tsp sweet smoked paprika
- 1 tsp ground cumin
- 1tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano

Mix all ingredients together.



white rice

- 350g white easy cook rice
- 600ml water

Add rice to a baking tray and add water, cover with foil as a lid and bake at 180°C for 40 minutes until cooked.

sweet potato wedges

- 600g sweet potato - peeled & wedged
- 5ml sunflower oil
- juice of 1 lime
- 3g of fajita spice mix

Mix all ingredients together well and roast the sweet potato wedges in an oven at 180°C for 25 minutes.



pepper and chickpea fajita

10ml sunflower oil
150g red onion - chopped
400g red pepper - chopped
400g yellow pepper - chopped
juice of 2 limes
3g fajita spice mix
200g chickpeas - drained

Mix all ingredients together, spread evenly across baking trays (do not overfill) and roast in an oven at 180°C for 15-25 minutes or until ingredients are cooked, soft and very lightly browned on the edges

When all cooked serve with your fluffy white rice and sweet potatoes.

Nutritious delight with every bite

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