

IF YOU WASTE LESS FOOD YOU SAVE MORE MONEY

Fajitas

- 1 red pepper cut into strips
- 1 red onion, finely chopped
- about 100g leftover pork, shredded
- 1 teaspoon smoked paprika
- a pinch of ground cumin
- 2 limes
- olive oil
- black pepper
- 4 small or 2 large flour tortillas – you can freeze any extra ones
- 150ml natural yoghurt
- 50g any hard cheese, grated
- ¼ fresh red chilli, finely chopped
- 15 ripe cherry tomatoes or 2 large tomatoes, roughly chopped
- 1 small bunch fresh coriander, roughly chopped
- salt and pepper

BY CHLOE
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CAMDEN HEALTHY
EATING TEAM

Preparation time

20 minutes

Serves

2

Per100g:

Energy

994kJ/237kcal

Protein 10.1g

Carbohydrate 26.4g

Fat 10.1g

1. Mix the following ingredients in a large bowl: pepper, onion, pork, paprika, cumin, juice of one lime, one teaspoon of olive oil, salt and pepper. Leave this to marinade while you make the salsa.
2. Place the chilli, tomatoes, juice of one lime, coriander, salt and pepper into a bowl and mix.
3. Put oil in a frying pan on a high heat and stir fry vegetables and meat until cooked through, approximately ten minutes.
4. Warm your tortillas one by one in a dry frying pan.
6. To assemble, put the warmed tortillas on your serving plates, add the pork mix and salsa, sprinkle with cheese and roll up.

Top tip: Serve with bowls of natural yogurt, fresh salsa and guacamole (see Recipes section at www.wiseuptowaste.org.uk).



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north london waste authority

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TO WASTE