

Adios™

A natural aid for slimming



TASTY TURKEY & VEGETABLE FAJITAS

Serves: 4
350 calories per serving.

Ingredients

300g skinless turkey breast	1/2 yellow pepper
1 1/2 tbsp olive oil	1/2 red pepper
1 tbsp lemon juice	1 onion
1 clove garlic, crushed	8 tortillas (7")
1/2 tsp chilli powder	170g pot low fat salsa
a small aubergine	50g low fat sour cream
1 courgette	



Method

- 1 In a large bowl, mix 1/2 tbsp olive oil with the lemon juice, crushed garlic and chilli powder.
- 2 Cut the turkey breast into thin strips 1 1/2cm wide. Add to the bowl and stir until all sides are coated. Leave in the fridge to marinate.
- 3 Meanwhile, top and tail the aubergine and courgette, de-seed the pepper, and halve and peel the onion – then cut all vegetables into thin strips 1cm wide.
- 4 Preheat oven to 190°C and warm 2 ovenproof dishes.
- 5 Heat a wok over a high heat. Add 1/2 tbsp oil and, when smoking hot, add the vegetables (please be careful!). Stir fry for 5 minutes, or until the vegetables soften and turn brown around edges. Remove from wok to ovenproof dish and pop in oven to keep warm.
- 6 Place the tortillas onto a plate and cover with cling film (ready to microwave at the last minute). Or you can wrap them in foil and pop in the oven.
- 7 Heat the remaining 1/2 tbsp olive oil in the wok, add the turkey and stir fry for 3-4 minutes (or until browned on the outside and white on the inside). Once the turkey's cooked, put it in the other ovenproof dish.
- 8 Heat the tortillas in the microwave for 1 minute (or remove tortillas from oven when warm).
- 9 These fajitas are best served ready to wrap - each person has two tortillas and adds vegetables, turkey, a large teaspoon of salsa and a small teaspoon of sour cream per tortilla.

This recipe also works really well without the turkey as a vegetarian option.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: