

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Equipment – Large frying pan, saucepan and lid, colander, measuring jug, wooden spoon, paring knife, brown chopping board, teaspoon, tablespoon, fork, table knife, slotted spatula, red chopping board, grater, scrap bowl

Ingredients

- 200g short pasta, such as penne or fusilli
- 1 tsp olive oil
- ½ onion, thinly sliced
- ¼ red pepper, thinly sliced
- ½ yellow pepper, thinly sliced
- ½ green pepper, thinly sliced
- 1 chicken breast fillet, thinly sliced
- ½ tsp dried oregano
- ½ tsp smoked paprika
- ½ tsp ground coriander
- ½ tsp ground cumin
- 35g full-fat crème fraîche
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 50g grated cheddar, to serve
- 75ml warm water
- pickled jalapeños, to serve (optional)



Chicken Fajita Pasta



Ingredients

- 200g short pasta, such as penne or fusilli
- 1 tsp olive oil
- ½ onion, thinly sliced
- ¼ red pepper, thinly sliced
- ½ yellow pepper, thinly sliced
- ½ green pepper, thinly sliced
- 1 chicken breast fillet, thinly sliced
- ½ tsp dried oregano
- ½ tsp smoked paprika
- ½ tsp ground coriander
- ½ tsp ground cumin
- 35g full-fat crème fraiche
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 50g grated cheddar, to serve
- 75ml warm water
- pickled jalapeños, to serve (optional)

Method

1. Prepare ingredients – thinly slice onion and peppers, grate cheese and thinly slice chicken breast, measure 75ml warm water.
2. Cook the pasta in a saucepan of boiling water until just tender. Drain and set aside.
3. Add 1 tsp olive oil to frying pan, add the chicken and spices and fry on a medium heat for 5 minutes, check chicken is cooked through and transfer to a plate.
4. Add the onions and peppers and fry for 5 minutes, or until starting to colour. Turn off heat.
5. Return chicken to the frying pan and stir in with the peppers and onions.
6. Stir the crème fraiche into the chicken mixture, then slowly add 75ml of warm water.
7. Season with salt and pepper then fold in the pasta and allow to heat through for a few minutes.
8. Plate up and sprinkle over the cheese. Serve with the jalapeños and a dollop of crème fraiche if desired.