



Fajita chicken rice bowl with burnt lime

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Serves 4	Easy
Prep: 5 mins	Cook: 20 mins



Make crowd-pleasing fajitas the easy way with this one-tray recipe that's full of nutrients and low in fat and calories. It makes a speedy midweek meal

- Dairy-free
- Egg-free
- Gluten-free
- Healthy
- Low calorie
- Low fat
- Nut-free



Alternatives

Complete the dish



Chicken & chorizo jamb
★★★★★ 2834 rating



Chicken korma
★★★★★ 389 ratings



Chicken tikka masala
★★★★★ 402 ratings



Ingredients

2 large chicken breasts

2 peppers sliced

2 red onions sliced

200g baby corn

3 tsp
chipotle chilli paste

1
lime
zested, then halved

2 tsp vegetable oil

400g can black beans
drained

15g coriander
roughly chopped

400g cooked brown rice

4 tbsp salsa
to serve

Method

Step 1

Heat the oven to 220C/200C fan/gas 7 and line a large [baking tray](#) with baking parchment. Arrange the chicken, peppers, red onions and baby corn on the tray, and spoon over the chipotle paste. Season, then toss to combine. Put the lime halves on the tray, cut-side down, then drizzle the oil over the chicken and veg. Roast for 20 mins, or until everything is cooked through.

Step 2

Meanwhile, warm the beans in a small pan over a low heat, and season. Mix the beans with half the coriander and the lime zest, then squeeze over the juice of the roasted lime. Slice the chicken thinly on the diagonal and divide between four bowls along with the veg and brown rice. Sprinkle over the remaining coriander and serve with the salsa.

