

Fajita Spiced Chicken with Onion and Peppers



1 HR

4 to 6 Servings

Easy

Ingredients

- 2 chicken breasts, sliced into tender size strips
- 1 cup marinade, reserve what's left to add at the end - recipe follows
- 2 to 4 tablespoons organic olive oil
- 1 onion, cut in half-moons
- 2 bell peppers, cut into strips
- 2 to 3 tablespoons fresh cilantro (or parsley for the cilantro haters), chopped, for garnish

Marinade

- 2 large oranges, Juiced
- 4 limes, juiced

- 1 chipotle chili in adobo sauce, minced (if you like a lot of spice use 2 or more chipotle chilis)
- 1/4 cup Frontier Herbs brand Fajita Seasoning
- 4 cloves garlic, chopped

Instructions

You can either put this in a measuring cup or wide mouth mason jar and blitz with an immersion blender or put it into a blender and whizz away.

Do ahead

Put the chicken strips into a non-reactive bowl. Prepare the marinade and pour over the chicken, turning the chicken in the marinade to make sure it's well covered. Tightly cover the bowl (I use a silicon lid - stop with the plastic wrap! Even a salad or dinner plate works.) and put it in the fridge for a minimum of 3 hours up to overnight.

Prepare the marinade and marinate chicken

Remove the chicken from the marinade. Put the leftover marinade in a small saucepan and simmer on low heat for up to 10 minutes.

Heat the olive oil in a 10" to 12" sauté pan. The oil should shimmer but not smoke.

Cooking in batches pan sear the chicken strips in batches for 2 -3 minutes on each side until the chicken turns whitish. The chicken should be cooked through but still, be tender and juicy.

Remove to another bowl and repeat.

Sear the chicken

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Sauté the vegetables and finish the dish

Using the same pan (no need to clean it out), add a little olive oil and sauté the onion, adding a pinch or two of salt to help the onions sweat.

Cook the onions until they are translucent and almost caramelized – about 15 – 20 minutes, adding a small amount of the reserved marinade if needed to prevent burning. If you would like to caramelize onions cook them longer with no marinade, till they brown.

Next, add the peppers and cook until tender. When the peppers are tender add the chicken back to the pan and pour all reserved marinade over. Cook till chicken is just heated through.

Season to taste with salt if needed.

Garnish with either chopped fresh cilantro or parsley.

Serve with corn salsa, guac, sour cream, queso fresco – or just eat on its own with a simple salad.