

Chicken & Pepper Fajita Sandwich

Per serving

416 kcals

7.3g fat

Ingredients:

1 small chicken breast (about 100g)

1 medium pepper

2 medium slices wholemeal bread

10ml light salad cream

1/8 pack of Fajita spice mix

Cooking instructions:

1. Slice the Pepper into strips.
2. Sprinkle the Chicken with the Fajita Spice mix.
3. Grill the chicken breast and peppers - takes about 5 mins under the grill.
4. Slice the chicken and place on the sandwich with the pepper. Spread the bread with the salad cream instead of margarine.