Very simple Turkey breast Fajitas

Ingredients
- 2 tablespoons olive oil
- 3 turkey breasts, sliced into thin strips
- 3 peppers, chopped into chunks
- 1 large onion, cut into thick slices
- 1 pack fajita seasoning e.g. Old El Paso
- 1 cup rice, dry
- Salad or spinach leaves
- 4 large tortillas or 8 small
- Optional toppings: Sriracha, salsa, cheese and cilantro, avocado, fresh lime

Making it
1. Bring 2 cups water to the boil. Add the rice with a pinch of salt and reduce the heat to medium.
2. Heat the oil over a medium heat. Add the onion and stir-fry for 2-3 mins. Add the turkey pieces and chopped peppers and cook for another 5 mins until the turkey is cooked through.
3. Add the fajita spice mix and thoroughly stir into the turkey and vegetable mix. Cook for 2-3 mins.
4. Place a tortilla on a plate, add rice, salad and a spoon of the cooked turkey and vegetables. Add whatever optional topping you have in the fridge!

NUTRITION FACTS
Servings: 2 large
PER SERVING
Calories (kcal): 530
Fat (g): 11
Carbohydrate (g): 90
Fibre (g): 10
Protein (g): 20

TIPS & HINTS
Cooking a large batch means that you will have lots of leftovers to turn into sandwiches, stir-fry, turkey burgers or tex-mex salads.