

Funky Fajita creatures!



You need:

- 1 onion, 1 clove of garlic, 1 red pepper, 1 green pepper, 3-4 mushrooms, dried oregano, beansprouts, 4 tortillas, lettuce, sour cream, salsa and...

- small sharp knife • chopping board • frying pan • wooden spoon • plates (serves 3-4 people)



Fajitas are a tasty way to make sure you get your 5 A DAY. They are a popular Mexican meal. Can you find Mexico on a map of the world?

1



Ask an adult to help you chop the vegetables on a chopping board.

2



With an adult, put a drop of oil into a frying pan. Fry the onions on a low heat until they are golden. Add some crushed garlic.

3



Now add the chopped peppers and plenty of oregano. Stir them as they cook. You could add some other chopped vegetables too now if you like...

4



When the peppers are a bit softer, add the mushrooms to the mixture. Mushrooms need less time to cook than the other vegetables.

5



Whilst the mixture cooks, ask an adult to help you warm the tortillas in the oven. They don't need to be in the oven for long - 5 minutes should be enough to warm them nicely.

6



When the tortillas are ready spoon the mixture onto them, making a line, or strip, in the middle. Add some crunchy bean sprouts.

7



Now fold the tortillas and add some mushroom and pepper eyes. Your fajita will begin to look like a crawling caterpillar! See which other creatures you can make.

8



Serve your fajita creatures on a bed of lettuce, with some salsa and sour cream. Why not add some herbs from your herb garden to make the salad even tastier. Gobble them up before they scuttle away!