



Slow-Cooked Chicken Fajita

Serves 6

1.5 lb. (680g) chicken breast
1 large onion, sliced
2 bell pepper, sliced
1 x 16 oz. (450g) jar salsa
juice of 1 lime
salt & pepper

What you need to do

1. Add the chicken, onions, peppers, salsa, and salt to a slow cooker. Stir well to combine.
2. Cook on a high heat setting for 4 hours or low heat setting for 6 hours, until the chicken and vegetables are tender.
3. Once cooked, remove the chicken and place on a cutting board. Shred the chicken, with two forks and place back into the slow cooker. Add in the lime juice and mix everything well to combine.
4. Season to taste, with salt and pepper.

Serving suggestions: guacamole, tortilla chips, salsa, lime wedges

GF DF LC MP HP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	4-6 hrs	177	3	10	27

*Nutrition per serving