

Healthy vegetable fajita wrap

Serves 2

Ingredients

2 tablespoon of water

1 onion

4 Mushrooms

Sweetcorn

1 Red Pepper

1 red or green chilli

(Any other vegetables you like)

1 tablespoon of fajita spice mix

1 teaspoon of smoked paprika

2 tablespoons of Doritos mild salsa

1 fajita wrap or chapatti per person: heat the wrap in the microwave or in the oven for a few minutes

Method

1. Wash and chop all the vegetables.
2. Heat a wok or a large pot on a medium heat
3. Add in all the chopped vegetables and the sweetcorn with two tablespoons of water
4. Cook for 2 minutes and then add in the spices and the chilli
5. Cook this for another 2 minutes then add in the doritos salsa and cook for 1 minute
6. Spread 3 spoonful's of the mixture **only into the middle** of the wrap
7. Wrap the horizontal edges into the middle one over the other and roll up from the bottom of the wrap until you reach the top of it, turn it over and place onto a plate
8. Enjoy.