



VEGETABLE FAJITAS

SERVINGS - 04

PREPPING TIME: 20 MIN

COOKING TIME: 12-15 MIN

Ingredients:

- 15 ml oil (1 tbsp.)
- 150 g red bell pepper, Julienne
- 150 g green bell pepper, Julienne
- 150 g yellow bell pepper, Julienne
- 150 g onion, Julienne
- 100 g zucchini, Julienne
- 20 g The Mexican Tapas Bar Fajita Seasoning
- 100 g mushrooms, slice
- 50 g broccoli, slice
- Salt, to taste (if required)

Instructions

Step 1: Prepare the Vegetables

Wash all vegetables thoroughly. Julienne the bell peppers and onion into thin strips. Julienne the zucchini and slice mushrooms evenly.

Step 2: Season the Vegetables

Place all vegetables in a large mixing bowl. Add the fajita seasoning, and oil. Toss well until all vegetables are evenly coated.

Step 3: Cook the Vegetables

Heat a large skillet, pan, or griddle over medium-high heat. Add the seasoned vegetables. Stir-fry for 6-8 minutes, stirring occasionally. Cook until the vegetables are tender but still slightly crisp.

Step 4: Finish and Serve

Taste and add salt if needed. Remove from the heat and serve immediately.

Serving Suggestions 1

Serve hot with: Warm flour or corn tortillas

Serving Suggestion 2

Serve sizzling with warm Flour Tortillas or Corn Tortillas.

Accompany with Guacamole, Sour Cream, Pico de Gallo, Refried Beans, Mexican Rice, and Jalapeños. Ideal as a filling for Burritos, Quesadillas, Tacos, and Fajita Platters.

Approximate Nutritional Value (Per Serving)

Energy:	95-120 Kcal
Carbohydrates:	12-15 g
Protein:	3-4 g
Fat:	4-5 g
Dietary Fibre:	4-5 g
Sodium:	As per seasoning content

Chef's Notes

Authentic fajitas should be cooked quickly over high heat to retain crunch, colour, and freshness. A combination of colourful vegetables enhances visual appeal and nutritional value. Avoid overcooking to maintain texture and flavour.

Chef's Tips

Use a cast-iron skillet for an authentic sizzling fajita presentation. Add a squeeze of fresh lime juice just before serving for enhanced flavour. For a smoky profile, char the vegetables lightly on high heat. Garnish with fresh coriander and sliced jalapeños. Serve fresh Flour or Corn Tortilla along with Fajita for the best guest experience.

