

Fate Fajita Vegetables

Ingredients

2 -3 mushrooms

1 small red pepper

1 small onion

Little oil for cooking

Handful of green salad leaves, such as rocket or watercress

2-3 teaspoons suitable fajita spice mix

2-3 tablespoons water



Method

1. Slice the mushrooms, red pepper and onion.
2. Heat a wok or frying pan over a gentle heat until hot. Add a little oil.
3. Add the sliced vegetables and stir fry for a couple of minutes. Do not overcook.
4. Add the fajita spice, and stir well. Add a couple of tablespoons of water if the mixture seems dry or is burning. Do not add any more oil.
5. Stir in the salad leaves quickly just before serving.

This recipe was provided by Fate low protein foods