Vegetable Fajitas
RECIPE

Vegetable Fajitas



TIME	20 mins
INGREDIENTS	10 items
MAKES	2 servings

Cook these veg fajitas with your own spice mix and experiment different topping combinations. Perfect for lunch or dinner!

INGREDIENTS

- Ben's Original™ Wholegrain Spicy Mexican Microwave Rice 220g
- 1tbsp Sunflower Oil
- 2 Peppers, sliced
- 1 Red Onion, sliced
- 100g Button Mushrooms, sliced
- 1tsp Paprika
- 1tsp Ground Coriander
- 1tsp Ground Cumin
- 2 Garlic Cloves, crushed
- 4 Tortilla Wraps

INSTRUCTION

1. Mix the vegetables together in a bowl with the oil and all herbs and spices. Place a frying pan or wok on a medium to high heat.
2. Stir fry the vegetables for 5-7 minutes, until starting to soften but the peppers still have a bite to them. Place the tortilla wraps in the microwave for 1 minute, followed by the Ben's Original™ rice pack and cook according to packet instructions.
3. The best way is to place everything in the middle of the table and let everyone build their own wraps with vegetables and rice. Extra salad and sauces can be added as you like!

NUTRITION

Amount Per Serving

- Calories 654
- Carbohydrates (g) 94.2
- Cholesterol (mg) 0
- Dietary Fiber (g) 11.1
- Energy (kJ) 2747
- Protein (g) 18.3
- Sugars (g) 11.9
- Total Fat (g) 20.1
- Saturated Fat (g) 4.1
- Salt (g) 2.07
- Sodium (mg) 827
- Trans Fat (g) 0

Categories:

Spicy Mexican, Stove Top, 15 - 30 MIN, Crowd pleasers, Vegeterian, Recipes for kids.

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Mexican Salad

Cooking time

20 mins

Ingredients

12 items



Chilli con carne

Cooking time

40 mins

Ingredients

13 items



Mexican Style Chicken Pitta

Cooking time

25 mins

Ingredients

13 items

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