



# VEGGIE FAJITAS WITH TANGY GUACAMOLE

**1.** Thin slice the courgette/zucchini, carrots, red pepper, onion and garlic and put into a medium frying pan with a little olive oil. Sprinkle in the cumin, salt and pepper and cook on a medium high heat for 10 minutes. Turn the vegetables often to prevent burning.

**2.** For the guacamole, cut the tomato and avocado into small cubes and put in a bowl with the juice of 2 limes and plenty of chopped coriander – then mix and mash together. Add a little salt and pepper.

**3.** To build your fajita - put a big spoonful of the veggies in the centre of the wrap then add the guacamole and some grated cheese then wrap it up tight and take a big bite. Enjoy amigos!

**PREP** 10 mins - **COOK** 10 mins

**INGREDIENTS:** for 2 people

- 1 courgette/zucchini
- 1 red pepper
- 2 carrots
- 1 small onion
- 2 pieces of garlic
- 4 Corn or wheat wraps
- 1 avocado
- 1 tomato
- 2 limes and some fresh coriander
- Grated cheese
- Salt, black pepper and 2 teaspoons of ground cumin

**LOVE HEART FOOD**

