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. The perfect Mexican lunch or dinner with Ben's Original™ Microwave Rice!

INGREDIENTS

- Ben's Original™ Mexican Style Brown Rice
- 1tbsp Sunflower Oil
- 2 Capsicums, 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 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 capsicum still has a bite. 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

- Energy (kJ) 2702
- Protein (g) 17.4
- Total Fat (g) 18.1
- Saturated Fat (g) 3.6
- Carbohydrates (g) 97.6
- Total Sugars (g) 10.5
- Sodium (mg) 875

Categories:

Vegetarian, Stove Top, 15 - 30 Mins, Mexican Style Brown

MORE RECIPES LIKE THIS



Chicken Fried Rice

Cooking time

20 mins

Ingredients

9 items



Korean Bibimbap

Cooking time

40 mins

Ingredients

17 items



BBQ Chicken Bowl

Cooking time

30 mins

Ingredients

13 items

Source URL: *https://au.bensoriginal.com/recipes/Vegetable-Fajitas*