FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Fajita Cheese Pull pocket

Serves	Prep Time	Cooking	Total Time	Calories
0 people	**12 minutes**	**18 minutes**	**30 minutes**	**385 kcal**

Stuff that's in it:

• 150G Minced Chicken Breast

• 2 Tsp Fajita Seasoning Or Paprika, Garlic Granuals, Ground Cumin And Coriander, Mixed (1/2 Tsp Of Each)

• Pinch Salt And Pepper

• 30G Mixed Peppers, Yellow And Red (Finely Diced)

• 15G Baby Spinach

• 30G Mozarella, Go For A Block If You Want The Insane Cheese Pull

• 15G Panko Bread Crumbs

• Squirt Oil

What you do:

1. Heat the oven or air fryer to 200˚C.

2. Lay baking paper on the counter. Mix fajita seasoning into mince Place chicken mince on top, season with salt, pepper. Cover with another sheet of baking paper and gently roll into a thin rectangle, it doesn't take much pressure at all and will be done in seconds , too thin and it will split(about 0.5cm thick).

3. Remove the top paper, gently , pull back and away carefully. In the centre, layer the peppers, spinach, and mozzarella – keep the edges clear so it seals well.

4. Use the paper underneath to fold the chicken over the filling like a calzone. Press and seal the edges so nothing escapes.

5. Press panko onto the outside and give it a light spray of oil.

6. Bake or air fry for 15–18 mins until golden and cooked through (internal temp 75˚C).

7. Slice and watch that cheese waterfall out.

Nutrition

• Carbs: 10g

• Fat: 13g

• Protein: 52g

• Fibre: 1g

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