



SUPER QUICK SAUSAGE FAJITA

SERVES: 1

TOTAL TIME: 20 MINUTES

GF DF

INGREDIENTS

- 1 **beef sausage** (75g), sliced
- 1/2 tbsp **olive oil**
- 1/4 **red bell pepper**, sliced
- 1/4 **green bell pepper**, sliced
- 1/4 **yellow bell pepper**, sliced
- 1/4 **red onion**, sliced
- 1/4 packet **taco seasoning**
- 1 tsp **water**

INSTRUCTIONS

Bring a medium skillet to medium-high heat. Add olive oil and sausage and cook for about 3 minutes.

Next, add all other ingredients. Give everything a good stir to make sure the seasoning is covering everything well.

Cook on medium heat for another 12-15 minutes or until the capsicum has softened and sausage is crispy.

Serve with a tortilla, optional

MACROS PER PORTION

CALORIES	304	PROTEIN	11
CARBS	20	FATS	20
FIBRE	1		