Chicken Fajitas

Make chicken fajitas using the stovetop method below. Cook chicken to 165°F (74°C), measured in the thickest part.

PREP 20 MIN | COOK 25 MIN | ADDITIONAL 5 MIN | TOTAL 50 MIN | SERVES 4

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs, sliced
- 1 tbsp (15 ml) neutral oil
- 1 onion (150 g), sliced
- 2 bell peppers (300 g), sliced
- 2 garlic cloves (6 g), minced
- 1 tsp (2 g) ground cumin
- 1 tsp (2 g) paprika
- 1/2 tsp (1 g) dried oregano
- 1/2 tsp (3 g) salt
- 1 tbsp (15 ml) lime juice

Prep note: Use fully thawed chicken and cut pieces evenly. Measure ingredients before cooking; keep raw chicken separate from ready-to-eat foods.

Method

1. Toss chicken with cumin, paprika, oregano and salt.

2. Heat oil in a wide skillet. Cook chicken in two batches for 6-8 minutes each, turning, until centers reach 165°F (74°C); remove to a clean plate.

3. Sauté onion and peppers in the skillet for 6-8 minutes. Add garlic for the last minute.

4. Return chicken, toss with vegetables and lime juice, and heat through. Rest briefly before serving.

Serving

Serve four portions with a fresh cucumber-tomato salad. Prepare any additional sides separately.

Cook’s notes

Doneness: Chicken must reach 165°F (74°C) in its thickest part; use a food thermometer.

- Use a food thermometer to check several pieces.
- Keep the pan uncrowded when browning chicken.

Variations

- Herb variation: Add 1 tbsp chopped parsley after cooking.
- Heat variation: Add a pinch of chili flakes to taste.
- Meal-prep variation: Divide finished food into four shallow containers and refrigerate promptly.

Storage, freezing & reheating

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Freeze airtight portions for up to 2 months for best quality. Thaw in the refrigerator. Dairy sauces may separate slightly. Reheat leftovers to 165°F (74°C), adding a splash of water to prevent drying. Stir sauced dishes frequently over gentle heat.

Quick answers

Can I prepare ingredients ahead? Yes. Refrigerate perishable ingredients separately and cook raw chicken within 1-2 days.

How many servings does this make? Four servings.

How do I check doneness? Use a food thermometer; the thickest chicken pieces must reach 165°F (74°C).