



## **SLOW COOKER BBQ PULLED CHICKEN (SERVES 6) INGREDIENTS:**

- 2 x 150g sirloin steak
- 1 onion, cut into half moons
- 2 bell pepper, cut into strips
- 70g basmati or long grain rice
- 1 pack fajita seasoning
- 4 tbsp sour cream
- olive oil spray
- salsa and chopped coriander

## **INSTRUCTIONS:**

- coat the steak in half the fajita seasoning and put to one side.
- cook the rice according to packet instructions.
- spray some olive into an airfryer drawer, add the peppers and onions and half the fajita seasoning. airfry until golden and soft
- Place a decent non-stick frying pan on a high heat and spray a little oil into it.
- Add the steak to the pan and cook to your liking. leave to rest for 5 minutes.
- add the rice, peppers and onions to the bowl and top with steak and it's cooking juices.
- sprinkle with chopped coriander and serve with some sour cream, salsa and crispy lettuce.

**620 cals 54g P 70g C 14g F**