

Super Quick Sausage Fajita

CAL: 304 PROTEIN: 11 CARBS: 20 FIBRE: 1 FAT: 20



Super Quick Sausage Fajita



SERVES:

1



TIME:

20 minutes



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

Calories: 304
Protein: 11
Carbs: 20
Fat: 20
Fibre: 1