

# Keto Chicken Fajitas

Hands-on 20 minutes Overall 1 hour

**Nutritional values (per serving):** Total carbs: 13.2 g, Fiber: 7.6 g, **Net carbs: 5.6 g**,

Protein: 28.5 g, Fat: 29.2 g, Calories: 423 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 6 servings)

### Marinated chicken:

600 g chicken breasts, skinless and boneless, sliced (1.3 lb)

2 cloves garlic, minced

1 tsp each dried oregano, ground cumin and paprika

1/2 tsp chipotle chile powder

1 tsp salt (I like [pink Himalayan](#))

1/4 cup [extra virgin olive oil](#) (60 ml/ 2 fl oz)

2 tbsp lime or lemon juice (30 ml/ 1 fl oz)

2 tbsp [ghee](#) for frying (30 g/ 1.1 oz)

*Note: if you don't have [ghee](#), use duck fat, goose fat, lard or [coconut oil](#). You can learn more about healthy fats [in this post](#).*

### Stir-fried vegetables:

1 medium white or brown onion, sliced (110 g/ 3.9 oz)

1 large green pepper, sliced (164 g/ 5.8 oz)

1 medium red pepper, sliced (120 g/ 4.2 oz)

1 medium orange or yellow pepper, sliced (120 g/ 4.2 oz)

2 tbsp [ghee](#) for frying (30 g/ 1.1 oz)

### Tortillas + optional toppings:

6 regular [Keto Tortillas](#) (I used plain tortillas but you can add any of my suggested spices)

sliced avocado or [Guacamole](#)

chopped tomatoes or [Salsa](#)

shredded cheese (cheddar, Manchego, etc.)

sour cream

lime wedges and fresh cilantro

*Note: Tortillas are included in the nutrition facts - optional ingredients are not included.*

## Instructions

1. Start by marinating the chicken. Slice the chicken breasts into about 1/2-inch (1 cm) thin strips. Place the chicken into a bowl and add all the marinating spices: minced garlic, dried oregano, ground cumin, paprika, chipotle chile powder, salt, olive oil and lime (or lemon) juice.
2. Mix until the chicken is covered from all sides, cover the bowl with a cling film and marinate for 30-60 minutes (or overnight in the fridge). When ready for cooking, remove from the fridge and discard the marinade (you need to remove any excess moisture before cooking the chicken strips in the pan). Start by cooking the vegetables. Peel and slice the onion and slice the peppers. Heat a large pan or casserole dish greased with 2 tablespoons of ghee over a medium-high heat. Once hot, add the sliced onion and peppers.
3. Cook until crisp-tender and lightly charred for 5-8 minutes. Use tongs or spatula to toss the peppers every couple of minutes while cooking. When done, transfer the peppers into a bowl and set aside. Keep the heat on medium-high. Grease the pan with the remaining 2 tablespoons of ghee and add the chicken slices.
4. Cook for 4-6 minutes until lightly browned, flipping half way through. Return the cooked peppers to the pan and heat through for just 30-60 seconds. Then, take off the heat.
5. Serve with [Keto Tortillas](#) and any preferred toppings ... .. sliced avocado or [Guacamole](#), chopped tomatoes or [Salsa](#), shredded cheese, sour cream, lime wedges and cilantro. Enjoy!

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