

Fajitas le glasraich | Vegetarian fajitas

Spìosan | Seasoning:

- 1 sp † pùdar tiolaidh | 1 tsp chilli powder
- 1 sp † paprika | 1 tsp paprika
- 1 sp † pùdar creamha | 1 tsp garlic powder
- 1 sp † cumin | 1 tsp cumin
- 1/2 sp † oragan tioram | 1/2 tsp dried oregano
- 1 sp † salann | 1 tsp salt
- 1/4 sp † piobar dubh | 1/4 tsp black pepper



Cuir na spìosan ann an sileagan agus measgaich ri chèile iad. 'S urrainn dhut sin chleachdadh airson 3 mìosan. | Put all the spices in a jar and mix them together. You can keep this mix in a jar and use it for up to 3 months.

Glasraich | Vegetables:

- Buntàta milis | Sweet potato
- Piobar-dearg | Red pepper
- Mearag-bheag | Courgette
- Uinnean no uinneanan-earraich | Onion or spring onions



1. Cuir air an àmhainn gu 180 puing. | Heat the oven to 180°C (Gas 4).
2. Geàrr na glasraich air fad ann am pìosan meadhanach mòr agus cuir ann an tina iad. | Chop the vegetables into medium-sized pieces and put in a tin.
3. Cuir ola agus na spìosan orra (chleachd mi 3 sp †). | Add oil and seasoning (I used 3tsp.)
4. Cuir anns an àmhainn airson 20 mionaid. | Cook in the oven for 20 minutes.

Cuir ri chèile | Assembly:

- Tortillas
- Uachdar geur | Sour cream
- Ris | Rice
- Càise sgrìobte | Cheese - grated
- Abhocado prann | Avocado - mashed



Nuair a tha na glasraich deiseil, pasg ann an tortilla iad le uachdar-geur, ris, càise agus abhocado prann. | When the vegetables are cooked, serve wrapped in a tortilla with sour cream, rice, cheese and mashed avocado.