



Chicken BURRITOS

Get ready for a family fiesta! Soft wraps filled with mildly spiced chicken mince and crunchy salad ingredients.



20 Minutes



2 Servings



Chicken

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	12g	45g

FROM YOUR BOX

CHICKEN MINCE	300g
TOMATO PASTE	1 sachet
MEXICAN SPICE MIX	1 packet
TOMATO	1
BABY COS LETTUCE	1
CORN COB	1
WHEAT WRAPS	1 packet
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking

COOKING TOOLS

frypan x 2

Make quesadillas!

Fill half the wrap with chicken mixture and grated cheddar. Fold over and cook until cheese is melted.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - wheat wraps are replaced with corn tortillas.

Mexican spice mix: smoked paprika, ground cumin, ground coriander, dried oregano and garlic powder.



1. COOK THE CHICKEN

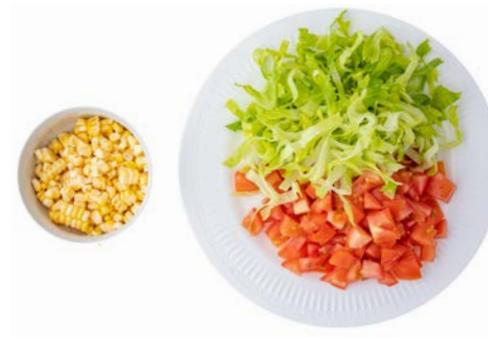
Heat a frypan with **1/2 tbsp oil** over medium-high heat. Add **chicken** and cook for 2 minutes. Add **tomato paste** and **spice mix** with **1/2 cup water**. Simmer for 5-7 minutes.



4. WARM THE WRAPS

Heat a dry frypan over medium-high heat. Add one **wrap** at a time and warm for 10 seconds each side. Place in a clean kitchen towel to keep warm.

tip You can warm the wraps in the oven if preferred. Wrap them in baking paper or foil to warm them.



2. PREPARE THE VEGGIES

Dice **tomato** and shred **lettuce**. Remove **corn kernels** from **cob** using a knife, keep separate.

tip Cut the corn into cobbettes, blanch and serve on the side if you prefer.



3. ADD THE CORN

Add **corn kernels** to **chicken** and cook for 2-3 minutes.

tip Keep corn in a separate bowl for serving if you prefer!



5. FINISH AND SERVE

Add **yoghurt** to a small bowl. Take everything to the table for everyone to assemble their own **burrito**.

tip You can add any other favourite ingredients such as avocado, lime, beans or cucumber!