



# 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

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## 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

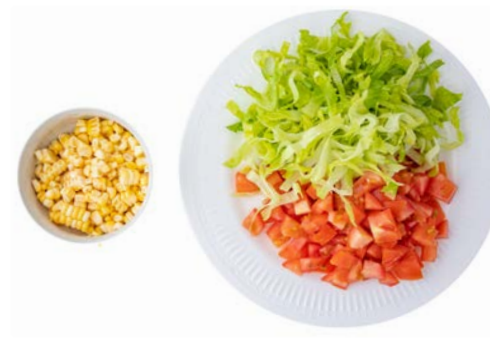
Heat a frypan with **1/2 tbsp oil** over medium-high heat. Add **chicken** and cook for 2 minutes. Add **tomato paste** and **spice mix** with **1/2 cup water**. Simmer for 5-7 minutes.



### 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 cobs, 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!