



Chicken Burrito

INGREDIENTS

- 1/2 tbsp vegetable oil
- 1/2 red or white onion, or 2 spring onions, chopped
- 200g mixed vegetables
- 100g chicken, chopped into small chunks
- 250g packs ready-cooked lime & coriander rice
- 400g can red kidney beans in chilli sauce
- 3 large wraps
- 1/2 avocado, chopped
- 50g grated cheddar
- soured cream, to serve (optional)

1. Heat oil in a large pan. Add onion and cook for 5 mins until soft.
2. Add your chosen veggies and continue cooking for another 5-10 mins or until tender.
3. Add the chicken, rice and beans, stir together and cook for 5 mins until piping hot.
4. Warm your wraps for 10 secs in a microwave.
5. Heat a frying pan (*to toast your burrito*)
6. Put your rice mixture onto the centre of the wrap, add avocado and cheese.
7. Fold the ends over the filling, then fold in the sides, like an envelope.
8. Flatten a little to a parcel, then place, seam-side down, in the hot pan. Cook for 2 mins until the underside has sealed shut and is toasted a golden brown, flip over and cook for a few mins more.

