



Honey Chipotle Chicken Burritos

Macros: 586 Calories; 51g Protein; 39g Carbs; 22g Fat
10 Servings

Ingredients

Chicken

3 lbs Chicken breast
2 tsp Olive Oil
1.5 tsp Oregano
1.5 tsp Cumin
1.5 tsp Coriander Powder
1.5 tsp Garlic powder
1.5 tsp Onion powder
2 tsp Smoked paprika
1.5 tsp salt
4 diced garlic cloves
150g chipotle sauce
½ juiced lime
60g honey

Rice

800g cooked basmati rice
4 diced garlic cloves
½ diced onion
1 tsp chicken stock powder
½ tsp cumin
1 tsp turmeric
1 tsp smoked paprika
30g light butter

Directions

1. Place chicken breast in oven safe container (8x13 should work)
2. Spread olive oil on top of chicken
3. Sprinkle oregano, cumin, coriander, garlic powder, onion powder, paprika and salt on the chicken

4. Put 4 diced garlic cloves, chipotle sauce, lime juice and honey on top of chicken
5. Mix the chicken with all of the ingredients until evenly coated
6. Place the chicken on a baking sheet with parchment paper
7. Bake 400° for 20-25 minutes or air fry at 375° for 22-25 minutes
8. While chicken is cooking put onion and 4 garlic cloves in pan and cook on medium heat for 2-3 minutes. Then add chicken stock powder, turmeric and smoked paprika with butter.
9. Add cooked rice to the pan and mix well
10. When chicken is cooked, shred the chicken.
11. Evenly distribute rice and chicken to 10 tortillas. Roll up the tortillas and serve or store in refrigerator or freezer