

# CHIPOTLE CHICKEN WRAPS

## INGREDIENTS

1 RED ONION  
16G TOMATO PUREE  
185G CANNED BLACK BEANS  
20G CHIPOTLE PASTE  
1TSP GROUND CUMIN  
2 PLAIN TORTILLAS

1TSP GARLIC PASTE  
150G CANNED SWEETCORN  
250G CHICKEN BREAST  
1 CHICKEN STOCK CUBE

## HOW TO MAKE

HEAT A LARGE, WIDE BASED PAN WITH A SMALL DRIZZLE OF OIL OVER A MEDIUM HEAT, ONCE HOT ADD THE CHICKEN BREASTS WITH A PINCH OF SALT AND PEPPER.

COOK FOR 3 MINUTES PER SIDE OR UNTIL BROWNE.

ONCE BROWNE ADD THE GROUND CUMIN, WITH A COUPLE OF SPLASHES OF WATER AND COVER AND COOK FOR 12-15 MINS OR UNTIL THE CHICKEN IS COOKED THROUGH (NO PINK)

ONCE COOKED TRANSFER TO A CLEAN PLATE AND SHRED OF FINELY CHOP

PUT THE PAN BACK ON THE HEAT AND ADD ANOTHER DRIZZLE OF OIL, ADD THE FINELY SLICED RED ONION AND GARLIC PASTE, ONCE SOFTENED ADD THE TOMATO PASTE, CRUMBLE THE CHICKEN STOCK CUBE AND CHIPOTLE PASTE. ONCE FRAGRANT (1-2MINS) ADD 200ML BOILED WATER AND COOK FOR 5MINS OR UNTIL THE SAUCE THICKENS.

ONCE THICKENED, ADD THE DRAINED SWEETCORN AND BLACK BEANS AND SHREDDED CHICKEN.

ONCE WARMED THROUGH SHARE BETWEEN THE TORTILLA WRAPS, WRAP AND EAT!

SERVINGS 2

NUTRITIONAL INFO

CALORIES 538 KCAL

PROTEIN 47.3G | CARBS 56.3 | FAT 10.5G