

# CRUNCH TIME

## Chicken Burrito



**Serve Information: Makes 4 Burritos On A Plate**

### INGREDIENTS:

1 Tbsp olive oil  
1/2 Onion, diced  
1/2 Tsp ground cumin  
1/2 Tsp smoked paprika  
200g Can diced tomatoes  
150g Kidney beans, drained and rinsed  
1/2 BBQ chicken, meat removed from bones and shredded  
Salt  
Pepper  
4 Tortillas  
1/4 Iceberg lettuce, shredded  
1 Tomato, sliced  
50g Tasty cheese  
2 Tbsp sour cream  
1/2 Avocado  
1/2 Lemon

### EQUIPMENT:

Chopping board  
Sharp knife  
Box grater  
2 x mixing bowls  
Lemon juicer  
Whisk  
Tongs  
Scissors  
Serving plate



## METHOD:

1. Heat oil in a fry pan over a medium heat and cook onion, stirring frequently, until soft
2. Add cumin, paprika, diced tomatoes, kidney beans and chicken and simmer until heated through. Season with salt and pepper
3. Mash the avocado with a fork. Squeeze in some lemon juice and season with salt and pepper
4. Place the griddle pan on a medium heat. Warm the tortillas on the griddle briefly. Remove them with tongs and lay them on the bench ready to assemble the burritos
5. To assemble, evenly spread the chicken mixture along the centre of each tortilla
6. Top with lettuce, tomato, cheese, sour cream and mashed avocado
7. Roll up to enclose the filling and secure with a toothpick. Serve on a plate

## ADDITIONAL NOTES:

Remove meat from bones on BBQ chicken and shred



[crunch-time.tv](http://crunch-time.tv)