



(02) 8188 8722 | HelloFresh.com.au

WK35
2016

Chicken Burritos with Cheddar Cheese & Sour Cream

This dish proves that Mexican food isn't always simple street food. With luxurious sour cream and loads of fresh veggies, one of our favourite cuisines is definitely sticking around this winter. The key to the perfect tortillas is a warmed wrap - we love to pop them on the sandwich press - they'll be done in a flash!

 **Prep:** 15 mins
 **Cook:** 20 mins
 **Total:** 35 mins

 level 1
 nut free
 eat me early

Pantry Items



Olive Oil



Mexican Spice Mix



Chicken Breast



Lemon



Red Onion



Flour Tortillas



Light Sour Cream



Gem Lettuce



Tomatoes



Cheddar Cheese

JOIN OUR PHOTO CONTEST

   #HelloFreshAU

QTY	Ingredients	
2 tbs	olive oil *	
⅓ sachet	Mexican spice mix (recommended amount)	
4-5 fillets	chicken breast, chopped into 3-4 cm pieces	
1	lemon, sliced into wedges	
1	red onion, finely sliced	
1 packet	flour tortillas	
½ tub	light sour cream (recommended amount)	
1	gem lettuce, shredded	
2	tomatoes, diced	
1 block	Cheddar cheese, grated	

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3420	Kj
Protein	54.8	g
Fat, total	38.9	g
-saturated	13.4	g
Carbohydrate	58.2	g
-sugars	6.9	g
Sodium	806	mg



You will need: *chef's knife, chopping board, large bowl, large frying pan, wooden spoon, microwave or sandwich press and spoon.*



1 In a large bowl combine half the **olive oil**, the **Mexican spice mix**, the **chicken breast** and juice from half of the **lemon wedges**. Stir to combine. Heat the remaining half of the olive oil in a large frying pan over a medium-high heat. Add the **red onion** and cook for **4-5 minutes**, or until soft. Set aside. In the same frying pan add the chicken breast and cook for **5-6 minutes**, or until cooked through and browned.



2 Meanwhile, heat up the **flour tortillas** in a sandwich press or the microwave (if using the microwave, place tortillas on a plate first).



3 To serve, top the warmed tortillas with a spoonful of **light sour cream**, shredded **gem lettuce**, Mexican spiced chicken, **diced tomato**, grated **Cheddar cheese**, cooked red onion, and juice from the remaining lemon wedges. Enjoy!

Did you know? Lettuce is a member of the sunflower family.