

Burritos



Prep Time : 15 minutes

Cook Time :30 minutes

Servings :8 Wraps

Ingredients:

2 chicken breasts, cut into pieces or Quorn pieces
1 clove garlic, finely chopped
1 tablespoon veg oil
1 red & 1 yellow/or green pepper, finely sliced
2 onions, peeled, sliced
1 pack Fajita seasoning mix
1 microwave pack plain rice
1 tin chopped tomatoes
1 tin kidney beans
1 pack 8 wraps
2 tablespoons grated cheese- optional

Get Cooking

1. Prepare the vegetables, put to one side.
2. Fry the onions, garlic and peppers cook for 5 minutes.
3. Coat the chicken in Fajita seasoning, add to the pan, cook for 5 minutes.
4. Microwave the rice for 2 minutes, to the pan add the rice, tomatoes and kidney beans. Cook for 20 minutes.
5. Divide the mixture into 6 portions. Spoon a 1/6th mixture into the centre of a wrap, fold in the sides and roll the wrap up, check that the chicken is cooked through before serving.
Add salad to the wraps, sprinkle with cheese

