



Chicken burritos with pesto sauce

15'
Hands on

5'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

- Place a frying pan over high heat.
- Cut the chicken into 1-2 cm thin strips and add olive oil, salt, and pepper. Transfer to the hot pan and cook the strips for 3-4 minutes, until golden and cooked through.
- Deglaze the pan with the lime juice and cook for 1 minute. Remove and set aside.

For the pesto sauce

- In a mortar pestle add the garlic, the cashews, and crush them until well smashed. Add the basil and crush again until the basil is smashed.
- Add the olive oil and crush the ingredients until there is a paste.
- Add the gruyere cheese and mix until the ingredients are homogenized.
- Transfer the sauce to the pan with the chicken and mix.

To assemble

- Spread the spinach tortillas on your working surface and divide the yogurt among them. Spread it over the whole surface of the tortillas.
- Divide the chicken with the pesto, the avocado into slices, the basil, and wrap.
- Serve with rocket and olive oil.

Ingredients

- 400 g chicken breast fillet
- 1 tablespoon(s) olive oil
- salt
- pepper
- lime juice, of 1 lime

For the pesto sauce

- 1 clove(s) of garlic
- 70 g cashews
- 50 g basil leaves
- 60 g olive oil
- 50 g gruyere cheese

To assemble

- 340 g spinach tortillas
- 200 g strained yogurt
- 1 avocado(s)
- 1 tablespoon(s) basil

To serve

- rocket
- olive oil

Διατροφικός πίνακας

Nutrition information per portion

536 Calories (kcal)	32.0 Total Fat (g)	9.1 Saturated Fat (g)	36.0 Total Carbs (g)
27%	46%	46%	14%
3.6 Sugars (g)	24.0 Protein (g)	3.8 Fibre (g)	0.41 Sodium (g)
4%	48%	15%	7%