



Chicken tortillas

25'

Hands on

50'

Cook Time

10-12

Portion(s)

1

Difficulty



Method

- Preheat oven over 180° C (356* F) Set to Fan.
- In a 25x35 cm baking pan, add the rice, water, 4 tablespoons olive oil, salt, pepper, thyme, lemon (cut into slices) and bay leaves.
- Wrap in aluminium foil and bake for 35-40 minutes.
- Remove from oven and remove aluminium foil.
- Crumble with a fork so it becomes fluffy.
- Place in a non-stick pan over high heat.
- Cut the chicken fillets into small pieces.
- Brush the chicken with 2 tablespoons olive oil. Season with salt and pepper and place in the pan. Sauté until golden. Transfer to a bowl.
- Place the pan over high heat.
- Cut the bell pepper into large pieces, the cherry tomatoes in half and place them in the pan. Add 1 tablespoon olive oil, salt, pepper and chili flakes.
- Finely chop the onion and the garlic and add them to the pan.
- Add the sugar, cumin and sauté for 1-2 minutes.
- Add the chicken and allow 2-3 minutes until the sauce thickens.
- Add the corn, beans, finely chopped parsley, 200 g cheddar cheese and mix.
- Turn off heat and mix until the cheese melts and the ingredients are homogenized.
- Line and aluminium foil with parchment paper and place a tortilla on it. Place 3 tablespoons rice, 3-4 tablespoons filling and sprinkle with 2 tablespoons cheddar. Wrap and fold the two sides like a caramel.
- Cut in half with a serrated knife and serve.

Ingredients

- 2 chicken breast fillets
- salt
- pepper
- 60 g olive oil
- 1 onion
- 1 clove of garlic
- pinch of sugar
- 1 teaspoon cumin
- 1 bell pepper
- 100 g corn
- 400 g canned beans
- 1 teaspoon chili flakes
- 1/3 bunch parsley
- 400 g cheddar cheese, grated
- 5-6 tortillas

For rice

- 150 g basmati rice
- 300 g water
- 4 tablespoon olive oil
- 2 tablespoon thyme
- ½ lemon
- salt
- pepper
- 2 bay leaves

Διατροφικός πίνακας

Nutrition information per portion

333 Calories (kcal)	14.0 Total Fat (g)	5.4 Saturated Fat (g)	32.0 Total Carbs (g)
17%	20%	27%	12%
4.3 Sugars (g)	17.0 Protein (g)	3.9 Fibre (g)	1.0 Sodium (g)
5%	34%	16%	17%