

CHILLI CHICKEN AND SOUR CREAM BURRITOS

Serves: 4

Ingredients

200g skinless chicken breast fillet, cut into strips
1 teaspoon mild chilli powder
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1 teaspoon olive oil
1/2 onion, sliced
1/2 red capsicum, cut into strips
1 zucchini, cut into strips
4 burrito tortillas, warmed
60g reduced fat Australian cheddar cheese, grated
1/4 cup light Australian sour cream

Method

1. Toss chicken in combined spices until evenly coated. Heat oil in a pre-heated non-stick frying pan and cook the chicken strips for 2-3 minutes each side. Remove from pan, and add onion and capsicum, cook for 3-4 minutes until tender. Return chicken to pan with 1 tablespoon water and cook a further minute.
2. To assemble burrito, lay tortillas onto bench top, sprinkle evenly in the centre with cheese, top with chicken mixture and a dollop of sour cream. Roll tortilla up from the bottom, then fold in from each side to enclose.

Tips / Handy Hints

Wrap tortilla in a serviette for easy handling.



Nutritional Information:

Kilojoules 923 kJ
Calories 220 cal
Protein 18 g
Total fat 10.6 g
Saturated fat 4.7 g
Carbohydrate 12 g
Sodium 233 mg
Calcium 193 mg
Iron 1 mg
Fibre 1 g

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