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Mexican Chicken Burritos with Cheddar & Sour Cream

A family film night feast if ever there was one. We recommend getting all the gang involved to bring this assembly job to life – give everyone in your clan some pre-prep to do - it's so much more fun that way! These tasty packages will satisfy big kids and little kids alike.



Prep: 15 mins



helping hands



level 1



eat me early



Cook: 20 mins

Total: 35 mins

Pantry Items



Olive Oil



Chicken Breast



Mexican Spice Mix



Lime



Red Onion



Flour Tortillas



Light Sour Cream



Gem Lettuce



Tomatoes





Cheddar Cheese

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

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

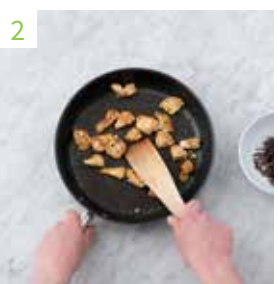
Energy	3420	Kj
Protein	54.8	g
Fat, total	38.9	g
-saturated	13.4	g
Carbohydrate	58.2	g
-sugars	6.9	g
Sodium	806	mg



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



1 In a medium bowl combine half the **olive oil**, all of the **Mexican spice mix**, the **chicken breast** and juice from half of the **lime wedges**. Stir to combine.



2 Heat the remaining 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 marinated chicken and cook for **5-6 minutes**, or until cooked through and browned.



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

4 Serve up the warmed tortillas and top with a spoonful of the **light sour cream**, shredded **gem lettuce**, Mexican spiced chicken, fresh **tomato**, grated **cheddar cheese**, red onion, and juice from the remaining lime wedges.

Did you know? Limes can help prevent oxidation. Sprinkle some lime juice on fruit that has been sliced to help it stay fresh longer.