

CHICKEN BURRITOS



The nutritional panel on a traditional packet of taco seasoning is not a pretty sight. They contain sugar, anticaking agents, artificial colours and other additives. This simple alternative not only ditches these horrendous ingredients, but is actually really good for you. This spicemix, which contains therapeutic like chilli, cumin, curry powder and paprika will help speed up metabolism, promote blood flow and ward off bad bugs, Triple our spice mix below and keep in the pantry for the next time you make tacos or burritos.

🕒 5 minutes

🕒 25 minutes

🍴 4 portions

INGREDIENTS

- 1 tsp of oil, coconut (5 g)
- 1 onions, diced (150 g)
- 2 cloves of garlic, minced (6 g)
- 4 chicken thighs trimmed and diced into 2cm pieces (596 g)
- 200 grams of diced tomatoes, canned
- 1 handful of coriander leaves, roughly chopped (20 g)
- 1 handful of mint leaves, roughly chopped (20 g)
- 1 tomato diced (123 g)
- 8 wholemeal tortillas, (328 g)
- 1 tbsp of chili powder (8 g)
- 1/2 tsp, oregano, dried (1 g)
- 1/2 tsp of paprika (1 g)
- 1.5 tsps cumin seed (3 g)
- 1/2 tsp, pepper, black (1 g)
- 1/2 tsp, sea salt (1 g)

COOKING METHOD

- 1° Add coconut oil, onion and garlic to a pan on medium heat and cook until onions are translucent. Set aside
- 2° Add the chicken into the warm pan and cook until browned. Add in the onion and garlic and all the spice. Cook until chicken is coated in the spice mix and fragrant. Stir through the diced tomatoes and simmer for 10 minutes.
- 3° Meanwhile, combine the spring onions, herbs and tomato into a mixing bowl.
- 4° Serve the salad and chicken inside two wholemeal wraps per person.
- 5° Note Optional: If you're an avocado lover serve with Guacamole

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (366 g)	% DRI
ENERGY	136 kcal	497 kcal	25 %
FAT	4 g	16 g	25 %
FATTY ACIDS, TOTAL SATURATED	2 g	7 g	33 %
CHOLESTEROL	38 mg	140 mg	47 %
SODIUM	221 mg	807 mg	34 %
CARBOHYDRATE	13 g	49 g	16 %
SUGARS	2 g	7 g	—
FIBER	3 g	11 g	46 %
PROTEIN	11 g	40 g	—