

# CHICKEN BURRITOS



Although this might sound like a tricky dish, it is surprisingly quick to make, (and not that difficult, either), and because it's baked, it's much lighter than being fried. If you want to host a Mexican dinner, it can be prepared the day before and then baked on day, and is wonderful accompanied with guacamole, salsa, rice and refried beans. You can also add thinly sliced sweet red peppers, grated cheese and tomatoes inside.

So, have fun and...¡Buen provecho!

---

Yields:	Prep. Time:	Cook Time:	Total Time:
6-8 servings	0 hours 15 minutes	0 hours 30-35 minutes	0 hours 45-50 minutes
			
Up to 2 months		Suitable from 12 months, cut into small bites and skip the cumin	
			
Not suitable for vegans		Not suitable for vegetarians	

---

## INGREDIENTS

- 5 chicken breasts
- 2 carrots, cut in half
- 1 onion, quartered
- 2 cloves of garlic, cut in half
- 2 handfuls of parsley
- 6 tsp ground cumin, heaped
- 30gr tomato paste
- 500ml tomato passata
- A pinch of grated nutmeg
- 1 chicken stock cube
- ½ tsp vinegar
- 1 pinch sugar
- Water for boiling the chicken breasts (reserve the cooking liquid)
- About 20 Tbsp cooking liquid

- 150g grated cheddar cheese
- 2 tsp salt
- 1 tsp pepper
- 1 Tbsp olive oil

## METHOD

1. Get two saucepans ready.
2. In one saucepan, place the chicken breasts along with one carrot (cut in half), half the onion (quartered), one handful of parsley, one clove of garlic (cut in half), 1 tsp salt and ½ tsp pepper.
3. In the other saucepan, empty the tomato passata, and add the remaining vegetables (carrot, onion, parsley and garlic), along with a pinch of sugar, ½ tsp vinegar, 1 Tbsp olive oil, the grated nutmeg, salt and pepper.
4. Bring both saucepans to the boil, then lower the heat in the tomato sauce pan, and simmer for about 5-10'.
5. Boil the chicken breasts until they're completely cooked. Reserve the cooking liquid.
6. Preheat the oven at 250C/482F.
7. Once everything is ready, take each chicken breast out and shred into small pieces using two forks.
8. Place the shredded chicken in a bowl, and add the grated cumin, tomato paste, salt, pepper, and mix everything together. It will resemble a stiff mixture. To loosen up, keep adding some of the reserved cooking liquid. You want the mixture to be fairly moist, but not like a soup.
9. Once the chicken mixture is ready, take a burrito wrap, and place some of the shredded chicken in a long line in the centre. (About 2 heaped tsp should be enough)
10. Roll the burrito and place in an ovenproof dish. I tend to not be very neat with my burrito wrapping, I'm afraid, as I'm impatient and want to eat them, but feel free to be as precise with your wrapping as you wish!
11. When all the burritos are rolled up and neatly resting next to each other, take the saucepan with the tomato sauce and, using a sieve,

cover the top with sauce. Don't flood it completely, but also make sure that every little bit of surface has some tomato sauce on it.

12. Sprinkle grated cheddar cheese over the top and bake in the oven for 20-25', or until the cheese has melted and is wonderfully golden brown.
13. Serve with rice, guacamole, refried beans, salad, salsa and a good dollop of sour cream (or yoghurt).
14. You can also add thinly sliced sweet red peppers and grated cheese in the burrito, for a variation.
15. To freeze, once you've placed the shredded cooked chicken in the burrito, wrap it up, and cover with some aluminium foil. They do not need to be baked before wrapping in the silver foil. Freeze for up to 2 months.
16. To defrost, take out of the freezer, and place in an overproof dish. Bake for about 30-40'. If you want to add the tomato sauce, then allow the burritos to thaw first, then place in the overproof dish, cover with tomato sauce and lots of grated cheese, then bake for about 20-25', or until the cheese has melted and turned a lovely golden brown.