



JERNEJ KITCHEN

SHREDDED CHICKEN BURRITO

This Shredded Chicken Burrito recipe is packed with veggies, rice, and eggs. So easy to make ahead, and a great meal for lunch on the go.

MAKES	2	BURRITOS
PREPARATION:	10	MINUTES
COOK:	20	MINUTES
TOTAL TIME:	30	MINUTES

SHREDDED CHICKEN BURRITO

80 g (1/3 cup) long-grain rice

1/2 green pepper

1/2 yellow pepper

1/2 red pepper

1/2 onion

1 tbsp olive oil

(1/2 cup) shredded chicken

spices: 1/2 tsp ground cumin, 1/2 tsp ground coriander, 1/2 tsp paprika powder, 1/4 tsp garlic powder

150 g (1/2 cup) mild chunky salsa

60 g (1/3 cup) red kidney beans, canned

60 g (1/4 cup) sweet corn, canned

3 eggs

30 g (2 tbsp) butter

60 g (1/3 cup) shredded cheese (Edam, Provolone, Mild Cheddar,)

2 large, burrito size tortillas

1 tbsp coriander or cilantro, finely chopped

COOK THE RICE

Add rice to a colander and rinse under running water. Add to a small saucepan and cover with 125 ml (1/2 cup) water. Add a pinch of salt and place over high heat. Bring to a boil, then lower the heat to medium, cover with a lid, and simmer for 11 minutes.

PREPARE THE VEGGIES

Clean the peppers under running water, remove the seeds and chop roughly. Peel the onion and cut it into thin slices. Place a non-stick pan over medium-high heat. Add the olive oil and vegetables. While stirring occasionally, cook the vegetables for about 2 minutes.

ADD THE CHICKEN AND SPICES

Add the shredded chicken and spices (cumin, coriander, paprika powder, and garlic powder). Stir, and cook for 2 - 3 minutes over medium heat, then add the salsa, beans, and corn. Cook for 2 - 3 minutes, stirring occasionally, then remove from the heat and season to taste with salt and pepper.

SCRAMBLED EGGS WITH CHEESE

Add the eggs to a bowl and whisk using a fork. Place a pan over medium heat, add the butter and wait for it to melt. Add the eggs, increase the heat and shake the pan a few times. Using a spatula, start moving the eggs around, pushing them from the side of the pan to the center, then add the cheese. Cook over medium-low heat until the cheese melts, then remove from the heat. See the whole step by step recipe here.

ASSEMBLE THE BURRITO

To assemble the burrito lay out two large tortillas. Evenly

TOOLS AND EQUIPEMENT

colander
saucepan with a lid
non-stick pan
spatula
grill pan

distribute the chicken and veggies mixture in the center of the tortilla, then add the cooked rice next to the chicken and place the cheesy scrambled eggs on top. Sprinkle with chopped parsley or coriander. Tuck the side ends in, and roll into a burrito.

TIP

It will be easier to roll the burrito if you warm the tortillas before adding the filling. Place them in a pan for a couple of seconds or microwave for a couple of seconds.

FINISH AND SERVE

Place a grill pan (or regular pan) over medium-high heat. Place the seam side down for a few seconds on each side until they are golden brown and crunchy. Don't add any oils or other fats to the pan. Serve with your favorite side and some freshly chopped parsley or coriander.