

Cajun chicken burrito.



This recipe makes 8 burritos.

Ingredients

- 500g Chicken breast (fine strips)
- 1 onion (sliced)
- 1 carrots (finely shredded)
- 1 peppers (sliced)
- 10g Cajun Spice mix
- 10g ground Cumin
- 4 tbsp base tomato sauce
- vegetable oil
- 1 Garlic clove
- salt & pepper as required
- 8x Small floured tortilla
- 50g grated cheese

Method

Lay out the chicken breast strips on oven trays and sprinkle with the Cajun spice liberally and bake off.

Flash fry all the vegetables in oil with Cumin & garlic until soft.

Add the base tomato sauce.

Allow to cook until a thick constituency is achieved, season as required.

Take the baked chicken stir lightly into the vegetable mix

How to fold a burrito



Make the burritos with the Chicken/vegetable mix and place them in a suitable oven trays. Sprinkle with grated cheese and bake for 15 - 20 minutes until piping hot and golden brown

**All these recipes have been put together for the children of
Waulud Primary school.**