



EASY, TASTY RECIPES

BBQ CHICKEN BURRITO

INGREDIENTS

4 Burritos:

Frozen Raw Diced Chicken 200g

Sauce

Garlic Puree 2g

Dark Brown Sugar 20g

Soy Sauce 20ml

Tomato Ketchup 55g

Orange Juice 10ml

Ground Ginger 1g

Chopped Tinned Tomatoes 125g

Long Grain Rice 90g

Water 160 ml

Grated Mature Cheddar 20g

Grated Carrot 40g

Grated Courgette 20g

Fresh Chopped Parsley 3g

Tortilla Wraps 4 each

INSTRUCTIONS

1. Mix all sauce ingredients together, then blitz using a hand blender.
2. Pour the sauce over the frozen raw diced chicken, mix until covered with the sauce.
3. Place a tight-fitting lid on top and place in the oven at 160°C for approximately 15-20 minutes (check after 15 minutes to ensure it is not drying out).
4. Remove from the oven and add more liquid if required. After 15-20 minutes remove the lid and return to the oven for approximately 10 minutes to reduce the liquid, ensuring it does not dry out. Ensure a core temp of 75°C is reached when probed.

VEGGIE ALTERNATIVE

If you don't eat meat you can always replace the protein with a vegetarian alternative such as Tofu, Quorn, Paneer etc.



5. Place the long grain rice into a deep tin and pour over the water. Cook in the steamer for approx. 20 minutes until the rice is cooked and all the liquid is absorbed by the rice.

You can always use leftover turkey from Christmas!

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