

Chicken or Vegetarian burritos



1. Finely dice 1 onion into small pieces and place into small bowl
 2. Add ½ teaspoon of cloves to onion bowl
 3. Add 1 teaspoon of oregano into onion bowl
 4. Put on gloves and shred the cooked chicken meat into small pieces. (equivalent of 2 breasts/400g approx)
 5. In small pot, boil enough water to fill 1/2 cup of rice
 6. Measure ½ cup of white rice and add into boiling pan
 7. Bring water back to boil and cook for 8min. Stir occasionally. Turn down heat if liquid rises.
 8. Drain rice, rinse then drain again. Put aside.
 9. Heat 1-2 tablespoons of oil in large pan on medium heat
 10. Add bowl of onion/cloves/oregano
 11. Cook and stir occasional for 5 minutes until onion becomes soft and clear, but not burnt
 12. Stir in cooked rice
 13. Add 1 tin chopped tomatoes
 14. Cook on low heat, stirring occasionally until all tomato juice has been fully absorbed
- Whilst waiting for mixture to cook (clean and wash up)*
15. Turn off the heat



OR

16. Add 1 ¹/₄ cups of shredded cheese to the pan mixture
17. Add the shredded chicken OR 1 CAN OF BLACK BEANS (for veg option)
(If using beans, rinse and drain)
18. Add 2 tablespoons of sour cream.
19. Salt and pepper to taste.
20. Mix carefully.



21. Use back of a mixing spoon to flatten rice mixture evenly in the pan.
22. Use a blunt knife/spatula to divide the mixture into 12 segments in the pan



23. Layout the 12 tortillas on a plate
24. Spoon 1/12 of the filling into centre of the tortilla
25. Fold the bottom and the top to form a parcel. Place face down on a pan or tray.
26. Repeat for the other tortillas.
27. Finished!

(These can be made ahead of time and stored in fridge. To serve, heat in oven at 180C for 20min or until burrito is golden)