

# MEXICAN CHICKEN BURRITOS

LATIN AMERICA  
/ MEXICO

## ORIGINS

The origins of the Burrito date back to the early 1900s where, during the Mexican Revolution, a vendor named Juan Mendez traded on the streets of Ciudad Juarez. To keep his produce warm whilst transporting it on his donkey-drawn cart, he wrapped it in a tortilla and the burrito, or 'little donkey', was born. A burrito, was said to have consisted of a rolled tortilla filled with meat and other ingredients. However, in other areas of Mexico, similar dishes were known as a cocito and taco, respectively.



4



30 min



10 min



## WHAT YOU NEED

- 1/2 pkt (15 g) Mexican spice
- 1 lime, juiced
- 500 g chicken fillet, sliced
- 1 onion, chopped
- 2 capsicum, sliced
- 1 avocado, sliced
- 6-8 tortillas

## HOW TO MAKE

①

Combine spice, 2 tbsp olive oil and lime juice in a bowl with chicken. Let marinate 30 min.

②

Sauté onion and capsicum, 5 min. Add the chicken marinade, sauté 15 min.

③

Season with lime juice.

④

Warm tortillas in microwave.

## HOW TO SERVE

Serve with the chicken and pepper mix and a slice of avocado.

## HINTS & TIPS

### SIDES & CONDIMENTS

For a cooling accompaniment, serve with Greek yoghurt and some extra lime wedges.

### SWAPS & ALTERNATIVES

veggie combos: replace capsicum with fresh tomato.

reduce meat: 250 g chicken + 200 g button mushrooms.

alternative: can be served with steamed rice instead of tortillas.

**FLAVOURS  
OF THE WORLD**



**FOTW.COM.AU**