



Chicken Burritos

Ingredients

2 Chicken breasts
1 Red onion
1 Red pepper
30g Frozen sweetcorn/small tin
1 small tin kidney beans (if large only use half)
80g Rice
1 tbsp oil
1 tsp mild chilli-optional
1 egg

Equipment

Red chopping board
Non-slip mat
Red knife
Sharp knife
Brown chopping board
Saucepan
When cooking filling you will need a WOK and frying pan
Savoury spoon

Method

