



Dairy Free Option

Prep Time: 15 min

Serving Size: 8



Gluten Free Option

Cook Time: 20 min

CHICKEN FREEZER BURRITOS

We love freezer burritos because they make a quick lunch or dinner when you are short on time! These burritos are packed with vegetables and black beans to provide a wonderful source of fibre. Simply pull them out of the freezer when you need and reheat them in the oven!

INGREDIENTS:

- Extra virgin olive oil (EVOO)
- 1 brown onion (finely diced)
- 3 chicken thighs (diced)
- 400g can black beans (drained & rinsed)
- ½ red capsicum (diced)
- ½ zucchini (diced)
- 100g baby spinach (roughly chopped)
- 1 cup passata
- 8 large tortillas
- 1 cup cooked rice

OPTIONAL TOPPINGS:

- Cheese
- Sour cream
- Coriander

METHOD:

1. Heat a drizzle of EVOO in a pot on medium-high heat and sauté the onion.
2. Once lightly browned, add the diced chicken thighs to the pot and cook until cooked through.
3. Reduce the heat to low-medium and add in the black beans, capsicum, zucchini, baby spinach.
4. Once the vegetables are soft add in the passata and simmer until any excess liquid is evaporated.
5. Heat the tortillas as per package instructions and scoop 1 mound of rice and 1 mound of the vegetable mix onto the centre of each tortilla.
6. Top with your desired toppings and wrap.
7. Eat immediately or wrap in baking paper and alfoil and freeze for later. To reheat, bake in the oven on 180°C for 35-40 minutes, or until cooked through.

TIPS & NOTES:

- **Gluten Free option:** Use gluten free tortillas
- **Storage:** Freeze for up to 3 weeks. Wrap in baking paper and then alfoil before freezing.
- **Suggested Toppings:** Serve warm with fresh rocket leaves, microgreens and avocado smash