

# Chilli Chicken Burrito

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## Ingredients

- 2 chicken breasts
- 1 tsp vegetable oil
- 1 diced onion
- 1/2 tbs Habanera Chilli
- 1 chopped sweet green pepper
- 1 red chilli/1 green chilli
- 2 fresh tomatoes
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp pepper

## Cooking Instructions

- Trim the fat on the chicken breasts and cube into bite size
- Heat oil in a large frying pan (preferably non-stick), let oil heat up immensely
- Distribute chicken cubes evenly across the pan so all the pieces fry evenly at the same rate till brownish colour, remove from the pan onto a separate plate.
- Dice up the onion and add to medium heated oil in a frying pan till onions are caramelized.
- Add ½ tbs Habanera Chilli Puree to caramelized onion-This will be the base chilli of the dish.
- Add diced green pepper; diced red and green chilli (start off with a touch of chilli, not all at once, adjust while cooking according to heat of chilli)
- Add diced tomatoes (deseed and remove membrane of tomato, do not want too much moisture in burrito filling), dried oregano, salt and pepper.
- Cook over a medium heat till vegetables are soft

-Bring the chicken back to the pan and heat through sautéing and combining all ingredients together in the pan.

### **Pico de Gallo**

*Also called salsa Fresca, it is a fresh, uncooked salad made from chopped tomato, white onion, and chilies (generally jalapeños, Serrano's or habaneros). Other ingredients may also be added, such as shrimp, Vienna sausage, squid or avocado*

1 medium tomato, diced

1 onion, finely chopped

1/2 fresh jalapeno pepper, seeded and chopped

2 sprigs fresh cilantro, finely chopped

1 green onion, finely chopped

1/2 teaspoon garlic powder

¼ teaspoon salt

¼ teaspoon pepper

½ lime-juice

½ lemon-juice

In a medium bowl, combine tomato, onion, jalapeno pepper (to taste,) cilantro and green onion, add half a lime and half a lemon. Season with garlic powder, salt and pepper. Stir until evenly distributed and refrigerate for 30 minutes.

### **Flour Tortilla Recipe**

#### **Ingredients:**

3 cups all-purpose flour

2 teaspoons baking powder

1 teaspoon salt

4 to 6 tablespoons butter

1 1/4 cups warm water (approximate)

### Preparation:

- In a large bowl, combine the flour, baking powder, and salt together (all dry ingredients)
- Cut in the shortening (butter). You want these ingredients to cling together slightly and hold a form when squeezed in your hands.
- If the mixture crumbles, you do not have the shortening mixed in well or have too little (if it makes a hard clump then you need more flour and less shortening).
- Add the water all at once and mix the dough quickly with a fork or by hand until the dough forms a mass.
- Work it in the bowl, moving it around the sides to pick up any flour remaining in the bowl.
- Knead the dough by folding it in half, pushing it down, and folding again. It should take about a dozen folds to form soft dough that is no longer sticky.
- Cover the dough with a towel or plastic wrap to let it rest for about 5 to 10 minutes, allowing the dough to rest lets any of the liquid absorb into the flour, which will give you a softer tortilla after cooking; take your ball of dough and begin pinching off little pieces of balls.
- Knead each of these into a tight ball by folding them over with your fingers, turning and repeating until it is shaped like a fat disk. Place it to one side of the mixing bowl and continue to do this until you have used all of the dough.
- Before rolling out the tortillas, allow the dough balls to rest at least 10 minutes. This will permit the gluten to relax and make them much easier to shape and roll.

