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Chicken Burritos with Homemade Chipotle Sauce

<http://properfoodie.com/chicken-burritos-chipotle-sauce/>

Spicy chicken burritos stuffed with rice and avocado, served with a homemade fiery Chipotle sauce, Greek yogurt and green chilli.

Ingredients:

For the spicy chipotle sauce:

2 Red and 1 orange bell peppers
2 red and 1 green chilli peppers
2cm piece fresh ginger peeled and chopped
1 clove garlic peeled and chopped
1 tbsp walnut oil
2 dessert spoons of fat free Greek style yogurt
Few drops of Tabasco sauce
Pinch of sea salt

For the burritos:

4 Soft white tortilla wraps
4 Chicken breasts
200g white rice cooked
1 avocado peeled and sliced
Handful Fresh parsley chopped
Greek yogurt for dressing and extra green chilli pepper for serving



Method:

Pre-heat the oven to 180 degrees C. Roughly chop bell peppers and chillies then place on a tray and grill for 5-10 mins until skins start to blacken. Check and turn regularly.

Place the charred peppers in a blender along with the rest of the sauce ingredients and blitz into a smooth paste. Taste and add more Tabasco or yogurt if required.

Next prepare the chicken by scoring 3 lines, about half a cm deep, in the top of each breast. This will allow the marinade to infuse with the meat.

Take a wide oven proof dish and line with foil. Spoon 1/3 of the chipotle sauce into the base of the dish and spread evenly over the foil. Then place the chicken, slit side down, on top of the sauce.

Spoon another 1/3 of the sauce over the chicken and spread evenly over the meat.

Put the remaining third of the sauce to one side. Cover the oven proof dish with foil and place in the oven for 40 minutes.

After 40 minutes check the chicken and pour off any juices, then recover and return to the oven for another 10 minutes.

Next remove the chicken and use a sharp knife and fork to shred each breast, allowing the chunks to mix with the sauce. Then recover and return to the oven for a final 10 minutes.

Whilst the chicken is in its final stages of cooking prepare the rice and lay out all the other fillings ready to load into the burritos.

Once the chicken is ready heat the wraps for 10-20 seconds in the microwave and lay out ready to fill. Place the chicken, rice and avocado on the wraps in rows. Leave an inch of wrap either side of the filling. Top with some of the chipotle sauce left over from earlier, any remaining yogurt and chopped parsley. Then wrap, slice in half and serve