



CLONAKILTY

SPICY HIGH PROTEIN CHICKEN BURRITO



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Spicy High Protein Chicken Burrito

Ingredients

- **For the Chicken**

- 2 Chicken Fillets Cut into Strips
- 2 tbsp Irish Yogurts Clonakilty High Protein Natural Live Yogurt
- 1 pack Fajita seasoning
- Salt & Pepper
- ½ can of Black Beans
- Rice-cooked
- 1 Red Pepper

- **For the Sauce**

- 100ml Irish Yogurts Clonakilty High Protein Natural Live Yogurt
- 100ml Hot Sauce
- ½ clove Garlic
- Salt & Pepper

- **To Serve**

- Tortilla Wraps
- Avocado
- Tomato
- Red Onion

Directions

- Add the chicken strips to a bowl with the yogurt and fajita seasoning, mix thoroughly and leave to marinate for 30mins
- In the meantime make the sauce, add half a clove of minced garlic to the yogurt and add hot sauce. You can add more hot sauce to the yogurt if you enjoy a spicier taste.
- In a pan fry the chicken until it is well coloured. Add the red pepper, and black beans. Finally add the rice and season with salt and pepper.
- Add the chicken mixture, avocado, tomato and onion (or whatever toppings you enjoy) to a tortilla wrap and add a generous amount of sauce.
- Roll up the burrito and wrap in foil, serve.