

MEXICAN BURRITOS WITH VEGETARIAN CHICKEN PIECES

3 persons / 523 kcal per person

Ingredients:

- 1 pack of "Knorr World Dishes" Mexican burritos
- 160 grams of "De vegetarische slager (The Vegetarian Butcher)" vegetarian chicken pieces
- 250 grams of mushrooms
- 1 red bell pepper
- 1 yellow bell pepper
- 1 onion
- 125 grams of crème fraîche
- 100 grams of grated cheese for oven gratin
- 1 tablespoon of oil



Preparation:

Preheat the oven to 180 °C. Cut the bell peppers into thin strips, the mushrooms into quarters and finely chop the onion. Heat the oil in a frying pan and fry the chicken pieces on one side until golden brown. Then turn and fry until they are warm through and through. Add the bell peppers, mushrooms and onion and fry for another 5 minutes. Then add the spice mix and 100 ml water and stir well. Bring to the boil while stirring and let it simmer for about 3 minutes. Mix the sauce mix with the crème fraîche and 2 tbsp water and stir well. Remove the wraps from the packaging, wrap them in aluminum foil and heat them in the oven for 2 minutes. Cover the wraps with half of the crème fraîche sauce, spoon the chicken mixture into the center of the wraps and fold them. Place the folded wraps in a greased baking dish and sprinkle with the grated cheese. Place the dish in the oven for about 8 minutes until the cheese has melted. Serve the burritos and the rest of the sauce separately.

Nutritional value per person:

Energy:	523 kcal
Protein:	25.3 grams
Carbohydrates:	54.7 grams
- including sugars:	15.2 grams
Fat:	20.3 grams
Fiber:	15.0 grams
Salt:	2.9 grams