



MEXICAN SPICED CHICKEN BURRITIO BOWLS/WRAPS ReFuel Summer 2019

Courtesy of: Terreen Stenvers



Method:

1. Rub mexican seasoning on chicken and pan fry until cooked. Put aside
2. Assemble burrito bowl or wrap with ingredients as above and dollop with chobani yoghurt.

Tip: Suitable for vegetarians if you omit chicken.

Ingredients:

- 300g chicken tenderloins
- 1 large avocado, peeled and sliced
- 400g tinned corn, drained
- 400g tinned black beans, drained
- Make a salsa with 4 chopped tomatoes, 1 lebanese cucumber, and 6 sliced spring onions
- 200g Chobani natural yoghurt
- 2 tsp of homemade mexican seasoning-mix together 1/2 tsp chili powder, 1 tsp garlic powder, 1 tsp onion powder, 1/2 tsp oregano, 2 tsp each of paprika and ground cumin, 1/2 tsp each black pepper, salt and a pinch of ground cinnamon and cloves
- 4 whole grain wraps or 4 cups of quinoa or rice

Nutrition Information

Serves 4 people.

Nutrient	Per serve: (wrap), (rice)
Energy	3066, 3436 kJ
Protein	38.5 37.9 g
Fat	26.9, 21 g
Saturated Fat	6.8, 5.1 g
Carbohydrate	73.4, 108 g
Fibre	18.3, 18.1 g

HOT TIPS



This meal provides good quality protein to assist with recovery, whole grain carbohydrates to fuel high intensity efforts and brightly coloured vegetables, rich in antioxidants!