

## Mexican Chicken Wraps

**Serves:** 8

**Prep time:** 15 minutes

**Cook time:** 10 minutes



1 ½ serves per portion

### Ingredients

1 tablespoon olive oil  
300g chicken breast, sliced  
2 cloves of garlic, crushed  
2 teaspoons of smoked paprika  
2 teaspoons of ground cumin  
1 teaspoon ground coriander  
½ red capsicum, diced  
1 medium zucchini, grated  
2 cups cooked brown rice and quinoa  
1 can mixed beans, rinsed and drained  
8 wholemeal tortillas or wraps  
2 cups lettuce, chopped  
2 tomatoes, diced  
1 cup cheese, reduced fat, grated  
1 bunch fresh coriander, leaves only

### Method

HEAT olive oil over medium heat in a large frypan.

ADD chicken breast, garlic, paprika, cumin and ground coriander. Cook until outside of chicken is sealed.

REMOVE chicken from pan and add capsicum and zucchini. Cook until just tender.

ADD chicken back to pan with cooked rice, quinoa and mixed beans. Stir to heat, ensuring chicken is cooked through.

PLACE lettuce on centre of wrap and top with chicken mix, tomato, cheese and coriander leaves.

WRAP tightly and enjoy.



Everyday Food

*Recipe courtesy of the Country Kitchens team*