



## Chicken Burrito Mechado Recipe

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<b>Preparation Time</b>	<b>20</b>
<b>Cooking Time</b>	<b>35</b>
<b>Serving Size</b>	<b>12</b>

### Ingredients:

- 2 Tbsp oil
- 500 g chicken, breast fillet, cut into strips
- - patis, to taste
- 1/2 cup red kidney beans, cooked
- 1 pack DEL MONTE Quick 'n Easy Mechado Sauce (80g)

### FOR THE STUFFING

- 1 Tbsp oil
- 2 cups rice, cooked
- 1 1/2 Tbsp taco seasoning
  
- 12 pcs flour tortilla (6-inch)
- 200 g lettuce, shredded
- 1/3 cup onion, white, sliced
- 1 cup cheddar cheese, coarsely grated

### Preparation:

1. Sauté chicken in oil for 3 minutes. Add patis to taste, kidney beans, and DEL MONTE Quick n Easy Mechado Sauce. Cook for 5 minutes while continuously stirring, until slightly dry. Set aside.
2. Stuffing: Sauté rice in oil for 2 minutes. Add taco seasoning. Cook while stirring for 5 minutes.
3. Heat flour tortillas in ungreased pan. Wrap a portion of each chicken mixture, rice mixture, lettuce, onion, and cheese. Roll, serve at once.

### Chef's Tip

Make a pocket out of the lettuce by folding it over the filling before rolling the tortilla. This will keep the filling inside.

### Lusog Notes

This snack dish provides calcium which is important for the formation and maintenance of strong bones and teeth. It also has iron that is needed for normal metabolism.

### Cooking Skills Needed

- Sautéing

### Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board

- Measuring Spoon

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