



MEXICAN WRAPS FILLED WITH CHICKEN, ONIONS AND PEPPERS

PREPARATION AND COOKING TIME: 30 MIN

INGREDIENTS

- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp dried oregano
- 2 canned chipotle peppers, in adobo sauce
- 1 tbsp tomato purée
- 1 pinch caster sugar
- 2 tbsp lemon juice
- 100 ml warm water, plus extra as needed
- 3 tbsp sunflower oil
- 2 large skinless chicken breasts, sliced
- 1 large red and 1 large green pepper, both cored, seeded, and sliced
- 1 red onion, sliced
- 4 flour tortillas
- salt; freshly ground black pepper

PREPARATION METHOD

1. Combine spices, herbs, chipotle peppers, tomato purée, sugar, lemon juice, and water in a blender. Blend on high until smooth; add more water as needed to bring it together.
2. Heat 2 tbsp oil in the iCook Wok set over a moderate heat until hot. Add the chicken and some salt and pepper, sautéing for about 6–8 minutes. Remove from the Wok.
3. Add the remaining oil to the Wok followed by the peppers, onion and a pinch of salt. Sauté for 4–5 minutes until softened before returning the chicken to the pan.
4. Stir in the prepared sauce from step 1. Bring to a simmer and cook steadily for 3–4 minutes until it coats the chicken and vegetables. Season to taste with salt and pepper.
5. Warm the tortillas in a dry iCook frying pan. Fill with the chicken and vegetables before wrapping and serving.