

Family friendly



Chipotle chicken burrito bowl

Serves 1

115g skinless chicken breast fillet

½ tsp ground cumin

½ tsp smoked paprika or chilli powder

½ tsp dried oregano

2 tsp chipotle paste

1 tsp olive oil

55g tinned black beans, drained

1 baby gem lettuce, leaves separated

45g small avocado, sliced

1 large tomato, diced

25g mature cheddar, grated

20g jarred sliced jalapeños, drained

30ml reduced-fat soured cream

Small bunch of coriander, chopped

Method

Preheat a griddle pan over a high heat. Lay the chicken between two sheets of clingfilm then bash with a rolling pin to flatten. Rub with the cumin, paprika or chilli, oregano and chipotle paste then drizzle over the oil. Lay on the griddle and cook for 3 minutes on each side then set aside to rest.

Meanwhile, warm the beans for a minute in the microwave.

Roughly tear the lettuce into a bowl and top with the beans, avocado, tomato, cheese and jalapeños. Slice the chicken, lay on top then drizzle over the soured cream. Scatter over the coriander and serve.

Tip

If you don't want to buy all the spices listed above, you can cheat and buy a ready-mixed taco seasoning. Just check that it doesn't have any added sugar.

Alternative ingredients

To make this recipe dairy free you can swap the soured cream for the same amount of yoghurt, e.g. soy or coconut.