KIKKOMAN

Baked chicken teriyaki burritos

Total time **60 mins**

Nutritional facts (per portion):
2,740 kJ / 654 kcal

Fat: **19.9 g** Protein: **50 g**
Carbohydrates: **67.9 g**

INGREDIENTS

4 portion(s)

1 tbsp	oil
1	onion, diced
600 g	skinless and boneless chicken thigh fillets, cut into bite sized pieces
2	cloves garlic, crushed
100 ml	Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste
1 tsp	chilli sauce
400 g	can black or kidney beans, drained and rinsed
200 g	cooked rice
	Small bunch coriander, roughly chopped
4	large tortilla wraps
100 g	Cheddar cheese, grated

PREPARATION

Step 1

Heat the oven to 200°C/180°C fan/gas mark 6.

Step 2

Heat the oil in a frying pan and cook the onion over a medium heat for 4 – 5 minutes, until starting to soften. Stir in the chicken and cook for another 8 - 10 minutes until the chicken is browned. Stir in the garlic and cook for another minute, then add the Kikkoman Teriyaki BBQ-Sauce Honey, chilli sauce, beans and rice. Cook for another few minutes until everything is hot, then stir in most of the coriander.

Step 3

Divide the mix between the 4 tortillas, then roll up each tortilla and fold down the ends to seal the mixture inside. Place in a baking dish and cover with the grated cheese. Place in the oven and bake for 15 – 20 minutes, until the cheese is melted and golden. Scatter with the remaining coriander to serve.