

Burrito Cups

Prepared and presented by the students participating in the Kimberley 'Share It' program at Broome Senior High School



Traffic light category: **Green**

Serves: 6 - 8 cups

Ingredients

- 2 raw chicken breasts, skin removed and diced
- ½ packet taco seasoning mix
- Cooking spray
- 1½ cups corn kernels
- 1 red capsicum, diced
- Handful of coriander
- 1 lime
- 1 ripe avocado, diced
- 1 large tomato, diced
- ½ red onion, diced
- 3 cups cooked brown rice
- 3 cups lettuce, shredded
- 240g tin red kidney beans, drained and rinsed
- 1 cup reduced fat cheese, grated
- 2 tablespoons sliced pickled jalapeno (optional)
- 6 tablespoons light sour cream

Method

1. Place chicken and taco seasoning in a snap lock bag, rub until chicken is coated
2. Place a non stick pan over medium heat, spray lightly with cooking spray, add chicken and cook, stirring until golden brown. Allow to cool
3. Place corn, capsicum and coriander in a mixing bowl, add a squeeze of lime juice, mix gently
4. Place avocado, tomato and red onion in a mixing bowl, add a squeeze of lime juice, mix gently
5. Line up tall plastic cups on a bench
6. Spoon rice into cups, followed by kidney beans, shredded lettuce, corn mix, avocado mix then chicken
7. Top with a sprinkle of cheese, jalapenos if using and a dollop of sour cream.

Note: Layers and ingredients are simply ideas, use any combination to create a healthy visually appealing cup or bowl of colour!

Add a few corn chips to the top for decoration.



Supporting healthy choices

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