



Baked burrito

Recipe by Aaron Craze



Serves 4

You will need

- 1 small onion, peeled and chopped
oil for cooking
- 600g skinless turkey breast or thigh, cubed
- 3tsp mild taco seasoning
- 2 tomatoes, halved
- 200g tin of sweetcorn, drained
- 200g grated cheese, such as cheddar
- 4 large soft tortilla wraps
- 4tbsp natural yoghurt, to serve

1

Before cooking, wash your hands and put an apron on. Weigh and measure the ingredients. Ask a grown-up to preheat an oven to 200°C / 180°C fan / gas mark 4.

3

Use a cheese grater to grate the flesh of the tomato into the pan and stir. Increase the heat slightly and cook for 3-4 minutes or until the tomato has covered the turkey. Add the sweetcorn and stir.

5

Put the wraps fold side-down on a baking tray and rub a little oil over them. Bake in the oven for 7 minutes, then turn and bake for a further 5 minutes, until golden and crisp.



Remember to ask a grown-up for help

2

Fry the onion with dash of oil in a frying pan over a medium heat until soft. Add the turkey and the seasoning to the pan and cook for 10 minutes or until the turkey is cooked through, with no sign of pink juices.

4

Put the wraps on a chopping board and spoon the meat mixture into the middle. Sprinkle with the grated cheese. Fold up the sides and then the bottom of the wrap to cover the filling completely.

6

Serve each burrito with a tablespoon of yoghurt on the side for dipping and enjoy!