



Main course

Tortillas con Pollo

Ingredients for 10 servings:

6 small tomatoes
400 g boneless chicken breast
2 Tbsp. Sunflower oil
Salt
Black pepper, ground
6 Leaves of iceberg lettuce
10 Mini wheat tortillas
10 Tbsp. Sour cream
100 g Corn, canned

Trim, wash and finely dice tomatoes. Wash and dry chicken breast and slice into thin pieces. Heat oil in a pan, sauté chicken breast briefly in the pan and season with salt and pepper. Trim and wash lettuce and slice into very fine strips. Spread sour cream on tortillas, roll up, wrap bottom end with aluminum foil and fill with the remaining ingredients.

Prep time: About 20 minutes

Per serving:

Joule/Calories: 981/234

Protein: 12 g

Fat: 26 g

Carbohydrates: 6 g

Tip: Wrap tortillas in a red napkin and serve in a glass.