



Stuffed cheese tortillas and chicken breast

Ingredients:

4 chicken breasts of approx. 140 g
 1/2 bunch basil
 Salt, pepper, nutmeg
 300 g bacon slices
 4 wheat tortillas of approx. 20 cm
 200 g cooked potatoes (pref. waxy)
 1 bunch spring onions
 2 red chillies
 10 g cream cheese
 200 g grated Emmental

Accessories:

Multi-element
 Ceran hob
 Griddle

Preparation:

Coarsely mash the potatoes with a masher. Wash the spring onions and cut into thin rings. De-seed the chilli and finely chop along with some of the basil leaves. Mix the potatoes, onion rings, chilli, basil, cream cheese and Emmental together in a bowl. Season with salt, pepper and a little nutmeg.

Spoon some of the filling onto one half of each tortilla and fold into a half-moon shape. Grill for 2 min on each side on the griddle. Cut the pockets in half or into three. Season the chicken breasts with a little salt and pepper, place the basil leaves on top and wrap with the bacon. Grill on a medium heat for 5-6 mins on each side.

Notes:

Preparation time: approx. 30 mins / difficulty level: medium / calories p.p.: n/a

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1624 g CO₂ per portion

3 % MORE CO₂ than the average when preparing this recipe.

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