



CHICKA-DILLAS

WITH TOMATO SALSA

PREP TIME: 10mins
COOK TIME: 20mins
SERVES: 4

INGREDIENTS

4 cups grated Colby
Cheese
4 (85g)'Chicken in a
can' (drain and set aside)
2 cup Beans
4 tbs Mexican Spices
8 Wraps
8 tsp oil

Tomato Salsa:
8 tomatoes chopped
4 tbs Lemon juice
2 tsp sugar
2 sliced onions

DIRECTIONS

1. On a medium flame, heat 1 tsp of oil
2. Fry the Chicken and Beans with 1 tbs of Mexican Spices. Set aside
3. Warm the wraps in a clean pan, one at a time
4. Place a wrap on a plate and spread the Chicken and bean mix evenly all around
5. Top evenly with the cheese and cover with another wrap
6. Heat 1 tsp of oil on medium heat in a pan.
7. Place the Chicka-dilla in and let it brown on one side
8. Place a plate over the top of the dilla, whilst it is in the pan. With one hand holding the plate down, pickup the pan and turn it over. Make sure you have the plate and then remove the pan. One side should be golden brown. Slide the dillas back into the pan and brown the other side.
9. Slide the dilla from pan onto a chopping board. Cut it into four pieces
10. To make the salsa, mix the chopped tomatoes, lemon juice, sugar and slice onion in a bowl and set aside
11. Stack the dillas and serve with a bowl of salsa on the side.

