



- Høødee døødee, ver friske vinderfliven yøøbetcha! Tøødee, makeen dee spēécy-spïcée bøørittos, der yümeroooski! Zø flippenn dee schmeellink, cüz vee lipee smackëe zinkle für øø! Høkskee füüünn Cha-cha-cha!!

PEPE'S POLLO BURRITO



Ola! I am Pepe the King Prawn, and I have no idea what the Swedish Chef is talking about, okay. Peoples say I talk funny, but they are wrong. It is the Chef who talks funny. (Fozzie Bear; he talks, but he is never funny, okay). Anyway, even though the Swedish Chef makes no sense, this recipe for bøørittos...excuse me, burritos is muy bien! That means, very good, okay. So don't worry if it doesn't makes sense – if it tastes good eat it! (But don't eat king prawns...I'm too young to be digested!)



PEPE'S ORIGINAL RECIPE

YOU WILL NEED:

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| 2 large boneless skinless chicken breasts | 1 cup Pinto beans homemade* or can |
| 2 cloves chopped garlic | Shredded cheese |
| 1 tsp. chili powder | 1 cup baby spinach |
| 1/2 tsp. kosher salt | 4 whole wheat tortillas |
| 1/4 tsp. black pepper | Salsa |
| 1 large lime, juiced | Lime wedges for garnish |
| 2 Tbs. vegetable oil | |

TO PREPARE: ADULT SUPERVISION REQUIRED

1) Combine first seven ingredients in a large bowl and let marinade in refrigerator for at least one hour. **2)** Bring grill pan or skillet to medium high heat and coat pan with oil. Add chicken and cook about 7 minutes. Flip and continue to cook other side for an additional 7 minutes or until fully cooked. Remove from grill and slice meat against the grain into 1/2 inch pieces. **3)** Place tortilla on clean grill and heat for one minute. Flip and add desired amount of shredded cheese to center of tortilla. After one minute remove from heat and build your burrito. **4)** Add chicken, beans, spinach and salsa. Keep all ingredients in center of tortilla and do not overfill. Fold tortilla in half and then fold each end in toward the center. Roll the burrito over once more to close. **5)** Place on the grill folded side down. After three minutes flip over. After three more minutes. **6)** Remove from grill cut in half and serve immediately with fresh lime, avocado, salsa and chips.

Makes approximately 2 burritos

HOMEMADE PINTO BEANS

YOU WILL NEED:

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| 1 cup of pinto beans soaked overnight in cold water | 1/4 tsp. baking powder |
| 3 cups water | 1/2 tsp. kosher salt |
| 1 small onion | 1 tsp. apple cider vinegar |
| 2 garlic cloves | 1 tsp. hot sauce |

TO PREPARE: ADULT SUPERVISION REQUIRED

- 1) Bring soaked beans to low simmer in a medium sauce pan with 3 cups water, roughly chopped onion, garlic and baking soda.
- 2) Simmer, covered, for two hours or until beans are tender.
- 3) Add salt, vinegar and hot sauce, stir and simmer uncovered while flavors develop for an additional 20 minutes. Can be made ahead of time and refrigerated.

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