

Chicken wrap with the thermomix

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600g of chicken cutlets
60g of green bell pepper
60g of red bell pepper
40g of oil
4 wrap leaves
1 onion
1 tablespoon of cornstarch
1 teaspoon of salt
1 teaspoon of paprika
1 teaspoon of sugar
1 teaspoon of garlic powder
1 teaspoon of Espelette pepper
1 teaspoon of cumin

**600g of chicken cutlets
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Peel the onion, cut it in half, and place it in the Thermomix bowl.

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Cut the bell peppers in half, remove the seeds, and place them in the Thermomix bowl.

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Blend for 7 seconds at speed 5.

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Add the oil.

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Set to 6 minutes at Varoma temperature, using the reverse function at simmering speed.

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Attach the whisk.

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Add the cornstarch, salt, paprika, pepper, sugar, garlic, and cumin to the Thermomix bowl.

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Cut the meat into pieces, then place it in the Thermomix bowl.

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Cook for 10 minutes at Varoma temperature, using the reverse function at simmering speed.

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Take a wrap leaf and microwave it for 10 seconds.

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Place the leaf flat on your work surface, and place 3 tablespoons of your preparation in the center of the wrap.

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Fold the bottom of the wrap to the middle, then fold the sides of the wrap to the middle.