

Vegetable and bean burrito



Ingredients list

- ½ pepper
- 2 tbsp oil
- ½ onion
- 100g canned black beans
- Fajita seasoning mix (or Cajun and Cumin mixed)
- 2x large tortilla wrap
- 100g / ½ jar Salsa
- 100g Rice
- Tin Foil
- (Optional) Grated cheese)

Equipment list

- Sharp Knife
- Chopping Board
- Frying pan
- Saucepan
- Plastic spoon
- Dessert spoon
- Tin Foil

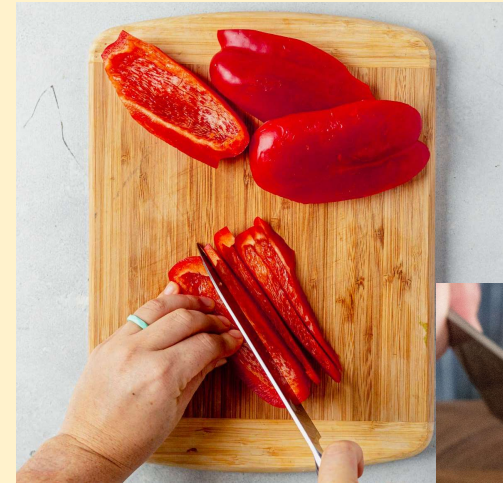


Method

1. Half fill a saucepan with your rice and bring to the boil
2. Once boiling, add your rice and leave to cook until 'Al Dente' – this will take around 8-10 mins.
3. Drain and leave to one side.

Method

1. Wash the pepper.
2. De-seed and chop the pepper into even slices
3. Peel and slice your onion.
4. Place your onion and pepper into a frying pan with a little oil, your fajita spice mix and sauté until soft (you don't want to brown them).

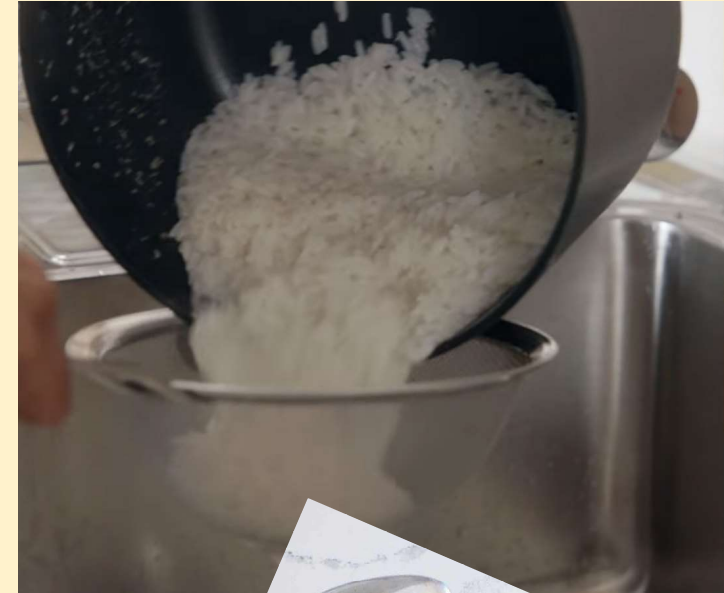


Method

5. When the rice is cooked turn off the hob. Drain the rice into the sieve in the sink and then rice back into the saucepan. Keep the rice off the hob.
6. Add your black beans into the frying pan with your peppers and onion.
7. Add your salsa, rice and mix together.

Be careful when walking with boiling water! You MUST look around you first before you pick up the pasta.

You MUST use a colander to drain your pasta. Be careful of the steam!



Method

8. Warm your tortilla briefly in the microwave

(allows it to stretch and break when we roll it!)

8. Place your warmed tortilla wrap on a clean surface and add a strip of rice down the centre

9. Layer onto the rice, bean veg mix

DO NOT OVERFILL YOUR WRAP!

10. Add your grated cheese onto the top



Method

11. Fold the sides inwards, over the filling.
12. Roll the burrito over the filling, tucking as you roll.
13. Continue rolling until your burrito is seam side down and all the filling is enclosed.

