



Black Bean Burrito

Serves 2 (each serving contains approximately 500 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

1 garlic clove
½ small red onion
20g baby spinach leaves
400g tin black beans (240g drained)
1 tablespoon rapeseed oil (15g)
45g tinned kidney beans (drained and rinsed)
150ml water

¼ teaspoon dried chilli flakes
200g tin chopped tomatoes (or ½ regular tin)
2 wholemeal wraps
20g Cheddar cheese
2 tablespoons salsa (shop-bought) (30g)
salt (optional) and freshly ground black pepper

Method

Trim and peel the garlic, then crush the garlic with a garlic crusher. Peel off the skin the red onion and cut into dice. Shred the spinach leaves.

Drain and rinse the black beans in a sieve.

Heat a frying pan over a medium heat and add the rapeseed oil. Stir in the garlic and add the kidney beans with the black beans and sauté for 1-2 minutes. Pour in the water and then add chilli flakes, chopped tomatoes and onion. Stir to combine. Bring to the boil, then season with a little salt (optional) and plenty of freshly ground black pepper. Reduce the heat to low and simmer for about 5 minutes to reduce, stirring occasionally.

Take a clean frying pan and put back on a medium heat. Add each wholemeal wrap for 10-15 seconds on each side, using a tongs to turn them over.

Put on a clean chopping board and add the bean mixture. Grate over the cheese and scatter the spinach on top. Finish with the salsa. Tuck in the ends and fold into a burrito shape. Cut the black bean burrito in half and arrange on a plate to serve.