BLACK BEAN *burrito*

This is a modified version of a recipe by The Happy Pear, my fav vegan chefs. Extremely tasty! High in fiber, loaded with garlic & spices and loved by your gut almost as much as your taste buds.

INGREDIENTS

Ingredients:
- 250g cooked quinoa
- 1 teaspoon cumin
- ½ teaspoon smoked paprika
- ½ teaspoon salt
- Wholewheat wraps
- Diced chilli

Salsa:
- 2 cloves of garlic, diced
- 2 or 3 roma tomatoes
- 20g chopped coriander
- Half bunch of spring onions
- Juice of 1 lime
- Pinch of salt

Yoghurt Dressing:
- 5 Tablespoons soya yoghurt
- Juice of ½ lime
- 1 tablespoon maple syrup

Refried Beans:
- 3 cloves of garlic, diced
- 100g tinned corn
- 400g tinned blackbeans
- Juice of 1 lime
- 2 teaspoons cumin
- 2 tablespoons tamari
- 20g chopped coriander

INSTRUCTIONS

1. Mix cooked quinoa with cumin, paprika and salt. Set aside.

2. Dice and chop the garlic, tomatoes, spring onion and coriander for the salsa. Place in a bowl and add the lime juice and salt and mix well.

3. In a separate bowl, mix the soya yoghurt, lime juice and maple syrup. Set aside.

4. Dry fry the garlic for 2 minutes, adding a splash of water as needed. Add the corn and fry on high heat until browned. Add a tin of well rinsed black beans, the lime juice, cumin, tarmari and small bunch of coriander and warm and mix thoroughly for a couple of minutes.

5. Heat the wholewheat wrap either in a pan or microwave for 10 seconds. Fill the wrap with quinoa, refried bean, salsa, and the yoghurt dressing. (For those who enjoy a bit of a bite, add some freshly chopped chilli.)

6. Close the wrap and using a sandwich press or a pan, crisp the outside of your wrap to give it the little extra taste and texture. Enjoy!

SERVES
5 PEOPLE

PREP TIME
7 MIN

COOK TIME
8 MIN

TOTAL TIME
15 MIN

NUTRITIONAL INFORMATION

MAKES 5 BURRITOS

CONTAINS:

341 KCAL
13.2G PROTEIN
5G FAT
53G CARBS
10G FIBRE

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