


Vegetable and Mixed Bean Hot Wraps

Background

This dish originates in Mexico where thin flour tortillas are wrapped around a delicious filling to form a burrito. The dish is now popular worldwide and variations for the filling include Mexican-style rice, beans or refried beans, meat, cooked vegetables, avocado, salsa, sour cream and cheese. This healthy meat-free version uses both beans and vegetables. The dish can be made more 'meaty' by using vegetarian 'chicken' pieces or veggie mince in addition.



High in protein, folate and vitamin C

Portion sizes		Nutrients per 100g	
Population Group	Portion size (g)	Nutrient	Amount Units
Primary, 7-10 yrs	199	Energy	123.7 kcal
		Fat	1.2 g
Secondary, 11-18 yrs	298	SatFat	0.1 g
		Carb	25 g
		NMES	0 g
		Fibre	2.8 g
		Prot	4.8 g
		Iron	1.4 mg
		Calc	69.4 mg
		Vit A	100.1 µg
		Fol	27.4 µg
		Vit C	11.4 mg
 Time 30 minutes		Sodium	190.1 mg
		Zinc	0.5 mg

Method

1. Heat the olive oil in a large frying pan over a low/medium heat.
2. Add the garlic and stir for 30 seconds.
3. Add the peppers and onions, and sauté until soft – about 6 minutes.
4. Mix in the mushrooms and sauté until all the vegetables are tender – about 4 minutes longer.
5. Add the spinach leaves and cook for a further 2 minutes (until the spinach reduces down).
6. Meanwhile, preheat the oven to 180°C/350°F/gas mark 4.
7. Place the beans in large bowl and mash coarsely with a fork and add the spices. Mix in the cooked vegetables.
8. Place the tortillas on your work surface. Spoon the filling down the centre of each, leaving a 2-inch border at the bottom. Roll up the tortillas by folding the bottom of the circle up to just below the centre, and folding each of the sides to roughly the same point, making sure one overlaps the other.
9. Arrange the wraps, seam side down, on a baking tray. You will find that they will hold together after cooking.
10. Cover the wraps with foil. Bake until the filling is heated through, about 15 minutes.

Ingredients

	6	12	24	48
Primary portions	6	12	24	48
Secondary portions	4	8	16	32
tortillas	400g	800g	1600g	3200g
olive oil	6g	12g	24g	48g
garlic, peeled and crushed	6g	12g	24g	48g
peppers (yellow), chopped into small pieces	100g	200g	400g	800g
mushrooms, sliced	300g	600g	1200g	2400g
onions, chopped	75g	150g	300g	600g
kidney beans, drained and rinsed	400g	800g	1600g	3200g
spinach, chopped roughly	100g	200g	400g	800g
cumin seeds	2.5g	5g	10g	20g
chilli powder	1.25g	2.5g	5g	10g
pepper, black, to taste	0.25g	0.5g	1g	2g



Serving suggestion

This can be a standalone dish but for a more substantial meal, serve with salad and potato wedges.