



Chipotle Black Bean Burrito

with avocado and pico de gallo

Veggie 25-30 mins

9



Rice



Flatbread



Black Beans



Chipotle Paste



Avocado



Onion



Tomato



Lime



Coriander



Rocket

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Zester, Lid, Pot, Sieve, Parchment Paper

Ingredients

	2P	4P
Rice	75 g	150 g
Flatbread	2 units	4 units
Black Beans	1 pack	2 packs
Chipotle Paste	1 sachet	2 sachets
Avocado	1 unit	2 units
Onion	1 unit	2 units
Tomato	1 unit	2 units
Lime	1 unit	2 units
Coriander	5 g	10 g
Rocket	40 g	80 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	583 g	100 g
Energy (kJ/kcal)	3211.7 kJ/ 767.6 kcal	550.9 kJ/ 131.7 kcal
Fat (g)	18.9 g	3.3 g
Sat. Fat (g)	2.9 g	0.5 g
Carbohydrate (g)	114.8 g	19.7 g
Sugars (g)	11.1 g	1.9 g
Protein (g)	25.8 g	4.4 g
Salt (g)	1.3 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Cook the Rice

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **rice**.
- Add **half** the **rice** (double for 4p) and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Make the Pico de Gallo

- Meanwhile, in a medium bowl mix together the remaining chopped **onion**, **tomato** and **coriander**.
- Season to taste with **salt**, **pepper** and **lime** juice.
- Dress the **salad leaves** with **salt**, **pepper** and a drizzle of **oil**.
- Halve the **avocado** and remove the pit. Cut into chunks (while still in its skin), then use a tablespoon to scoop out the flesh.



Get Prepped

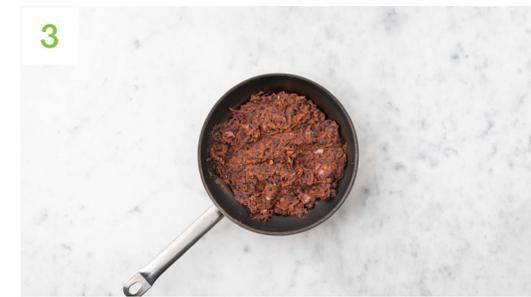
- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Roughly chop the **coriander** (stalks and all).
- Cut the **tomato** into 2cm chunks.
- Drain and rinse the **black beans** in a sieve.
- Zest and quarter the **lime**. Stir the zest into the cooked **rice** and season to taste with **salt** and **pepper**.



It's a Wrap

- Place each **flatbread** on a large piece of aluminium foil or baking paper.
- Along the bottom third of each **flatbread**, spread a portion of **rice**.
- Top with **beans**, **avocado**, pico de gallo and **salad leaves**.
- Fold the bottom of the **flatbread** up over the filling, then fold left and right sides in towards the filling.
- Roll the whole thing over then wrap your burrito tightly in the foil or paper.

TIP: *Don't overfill your burrito to ensure it rolls up.*



Mash the Beans

- Place a medium pan over medium heat with a drizzle of **oil**.
- Mash **half** the **beans** with a fork.
- When the **oil** is hot, add **half** the chopped **onion** to the pan and fry for 4-5 mins until softened.
- Add the **chipotle paste** along with the whole and mashed **beans** and cook for another 2-3 mins.
- Season to taste with **salt** and **pepper**.



Serve Warm

- Warm the burrito in the oven for 4-5 mins.
- Unwrap then cut in **half**.
- Serve with any remaining fillings and **lime** wedges alongside.

Enjoy!