



# Tex-Mex Black Bean Wraps

with Cheese & Smokey Aioli

Grab your Meal Kit with this symbol



Capsicum



Black Beans



Tex-Mex Spice Blend



Tomato Paste



Tomato



Smokey Aioli



Classic Wraps



Shredded Cheddar Cheese



Baby Spinach Leaves

Hands-on: **10 mins**  
Ready in: **15 mins**

Lunch in less than 15 minutes? We've got you covered with these tasty wraps filled with black beans and veggies coated in our Tex-Mex spice blend, plus oozy melted cheese and smokey aioli. Perfect to prep and take anywhere, or to be made on the spot of an instant meal!

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan

## Ingredients

	2 People
olive oil*	refer to method
capsicum	1
black beans	1 tin
Tex-Mex spice blend	1 sachet
water*	¼ cup
tomato paste	1 packet
tomato	1
white wine vinegar*	drizzle
smokey aioli	1 packet
classic wraps	4
shredded Cheddar cheese	1 large packet
baby spinach leaves	1 bag (30g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5445kJ (1301Cal)	782kJ (187Cal)
Protein (g)	46.8g	6.7g
Fat, total (g)	57.3g	8.2g
- saturated (g)	16.4g	2.4g
Carbohydrate (g)	135.7g	19.5g
- sugars (g)	17.3g	19.5g
Sodium (mg)	2318mg	333mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Make the bean filling

Roughly chop the **capsicum**. Rinse and drain the **black beans**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **capsicum** until softened, **4-5 minutes**. Add the **black beans**, **Tex-Mex spice blend**, the **water** and **tomato paste** and cook until softened, **2-3 minutes**. Season with **salt** and **pepper**. Remove from the heat and set aside.

3



## Pack it up

When you're ready to pack lunch, spread some **smokey aioli** over the **classic wraps** (see ingredients). Top with the **shredded Cheddar cheese**, **baby spinach** and **Tex-Mex bean filling**. Spoon the **tomato mixture** over the **filling**. Tuck in the ends and roll into burritos. Wrap in foil or plastic wrap and refrigerate.

2



## Make the salsa

While the filling is cooking, finely chop the **tomato**. In a small bowl, combine the **tomato** and a drizzle of **white wine vinegar**. Season to taste.

4



## Serve up

At lunchtime, remove the wrapping and reheat in a sandwich press for **1 minute** or in **30 second** bursts in the microwave until heated to your liking.

**TIP:** No need to heat your wrap if you prefer it cold!

## Enjoy!