

# Black Bean Burrito

🍷 2 servings

500 Kcal / serving

17g Protein 16g Fat 71g Carbs

## Ingredients

- 1 - **Garlic clove**
- ½ - **Small red onion**
- 20g - **Baby spinach leaves**
- 400g - **Tin black beans**
- 1 tablespoon - **Rapeseed or olive oil**
- 45g - **Tinned kidney beans, drained and rinsed**
- 150ml - **Water**
- ¼ teaspoon - **Dried chilli flakes**
- 200g tin - **Chopped tomatoes (or ½ regular tin)**
- 2 large (62g each) - **Wholemeal wraps**
- 20g - **Cheddar cheese**
- 2 tablespoons - **salsa (shop-bought)**
- **Freshly ground black pepper**



**NOTE:** The bean mixture can be made in advance and left to cool and put into the fridge within 2 hours of cooking for up to 3 days in an airtight container. Reheat only once in the microwave or in a pan over a gentle heat when needed. The burrito also would be good served cold packed into a lunchbox.

## The 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 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 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.