

# Black Bean Burrito

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**CAL: 517    PROTEIN: 17    CARBS: 74    FIBRE: 14    FAT: 17**



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**SERVES:**

6



**TIME:**

35 minutes



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## INSTRUCTIONS

Place rinsed and drained black beans in a large bowl and add all spices. Transfer to a saucepan and add 2 tsp olive oil. Cook for 5-8 minutes on medium-high heat.

Meanwhile, add corn, bell pepper, onion, jalapenos and lime juice to a large bowl and toss to combine.

Layer wraps with iceberg lettuce, followed by beans and salad mix. Finally, top with cheese and coriander.

Wrap the burritos tightly and toast in a sandwich press until golden.

## INGREDIENTS

2 x (400g) tin black beans, drained and rinsed

1/2 tbsp chili flakes

1/2 tbsp paprika

1 1/2 tsp ground cumin

1 tsp ground coriander

1/2 tsp garlic powder

2 tsp olive oil

125g corn kernels

1 red bell pepper, chopped

1 red onion, diced

2 tbsp jalapenos, chopped

1 lime, juiced

6 large wholemeal tortillas (or gluten-free if required)

450g iceberg lettuce

25g coriander

230g tasty cheese

## MACROS

Calories: 517

Protein: 17

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