

Burritos can be packed with calories and fat, but not these! These are packed full of veggies and flavour. Add more chilli if you like things extra spicy and go easy on the cheese and sour cream!



Nutrition and health benefits

Vegetables, wholegrains and pulses contain loads of vitamins, minerals and fibre. A high fibre diet may reduce the risk of diabetes, bowel cancer, constipation, help reduce cholesterol and maintain a healthy weight. Boost your vitamin and mineral intake and help keep your gut healthy by eating more vegetables, wholegrains and pulses – all contained in the delicious recipe below!

<i>Ingredients</i>	<i>Directions</i>
▪ 1 tbsp veg oil ▪ 1 red onion, diced ▪ 1 red pepper, diced ▪ 2 carrots, diced ▪ 2 celery sticks, diced ▪ 2 garlic cloves, crushed ▪ 2 tsp chilli powder ▪ 2 tsp cumin ▪ 1 tsp paprika or smoked paprika ▪ 1 tsp dried oregano ▪ 1 can chopped tomatoes ▪ 1 can kidney beans ▪ Juice of 1 lime ▪ Salt & pepper ▪ Wholegrain rice ▪ Small bunch fresh coriander ▪ 4 whole-wheat tortilla wraps	1. Add the oil to a heavy bottomed saucepan and on a medium heat fry the onions, pepper, carrot, celery & garlic for 5-10 minutes. 2. Add the spices and cook for a further minute, stirring constantly. 3. Add the chopped tomatoes, kidney beans, oregano, salt, pepper and a small cup of water to the pan and simmer for around 30 minutes until the vegetables are tender. Add more liquid if it starts to dry out. 4. Remove from the heat and add the coriander and lime juice. 5. Cook the rice 6. Serve in a tortilla wrap with optional extras like guacamole, salsa, sour cream or grated cheese 7. Serve with a fresh green salad on the side – they're so good!