



# Rice & bean burrito with side salad

Prep: 35 minutes • Cook: 25 minutes • Serves: 2



## Ingredients

100g brown rice, rinsed and drained  
1 teaspoon vegetable oil  
1 small onion, peeled  $\frac{1}{2}$  chopped and  $\frac{1}{2}$  sliced  
200g canned red kidney beans, rinsed and drained  
1 teaspoon chilli flakes  
100g sweetcorn, drained

## To serve

2 wholemeal tortilla wraps

## Side salad

$\frac{1}{2}$  small lettuce, washed and shredded  
 $\frac{1}{2}$  pepper, deseeded and sliced  
1 spring onion, sliced  
 $\frac{1}{4}$  cucumber, cubed

## Nutritional info

Low phosphate ✗  
Low potassium ✓  
Low protein ✓  
Low salt ✗  
Low fat ✗

Cost per portion (August 2022) **90p**

Carbohydrate **100g**

Energy in kcals **571**

- 1** Add rice to saucepan and pour over 500ml of water. Bring to boil then reduce heat to simmer for 15 minutes. Drain and rinse with boiling water.
- 2** In another pan, heat the vegetable oil and gently fry the onion until soft. Add the beans and chilli flakes and stir. Allow the beans to heat through and soften (5-10 minutes). Keep beans whole or gently mash with a fork if you prefer.
- 3** Once the beans are cooked, add the sweetcorn and cook until warmed through. Tip the cooked rice into the pan and stir to combine.
- 4** Warm the tortillas by microwaving under a damp paper towel for 15-30 seconds, or on a griddle over low heat. This will make the tortilla easier to fold.
- 5** Add all your prepared salad to a large bowl and combine, then divide into 2 portions.
- 6** Add the filling to the bottom half of the tortilla. Fold the bottom of the tortilla up and over the filling, pulling the filling back tight toward the bottom of the tortilla. Next make two folds on either side. Keeping the filling snug inside, roll it up. Eat whole or cut in half and serve with the side salad.