

Veggie Chilli Burrito and Tomato Salsa

Ingredients

- 10gm Garlic Greens Chopped 110718
- 3 x Flour tortillas
- 1 x Courgette 10303
- 200gms Beans Kidney Red in Water 185145
- 100gms Tomatoes Chopped Canned 119064
- 20gms Paste Tomato 119065
- 3gms Spices Chilli Mild Powder 132698/Spices Chilli Mild Powder 33601
- ½ Fresh Pepper Green Red Yellow
- 10ml Oil Rapeseed 21557
- 1 x Onion
- 1 x Carrot peeled, and par cooked
- 100gms Cooked Wholegrain rice
- 1 x Bunch fresh Coriander
- 30gms Grated cheese
- 5gms Vegetable Boullion
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Tomato Salsa

2 x Fresh Tomatoes
½ x Onion
10ml Sweet Chilli Sauce
Fresh coriander

Method

1. Roughly dice the courgette, peppers and carrot into small pieces.
2. Dice the onion finely.
3. Heat the oil add the garlic & onions sweat until softened. Add the rest of the vegetables, vegetable boullion and the chilli powder (remember to add small amounts of the chilli at a time as you can always add more you can't take it away) continuing to cook for a couple of minutes.
4. Add the chopped tomatoes tomato puree, rice and beans then simmer for approx. 8 minutes or until all the vegetables are tender a thick sauce consistency is reached..
5. Whilst the chilli is cooking make the salsa, chop the onion and tomatoes finely and in a bowl mix with the coriander and sweet chilli sauce.
6. With 2 minutes to go start to prepare your plates get the wraps laid out and fill with the chilli, sprinkle with cheese and roll up remembering to fold the sides in first then display on plate on the plate and garnish with the salsa and fresh herbs.

Chefs Tip: You can increase/decrease the spice levels in
this recipe to suit your taste requirements.



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