

Learning Intentions - to make a recipe suitable for a vegetarian.

- to appreciate food from Mexico.

Bean Burrito

Ingredients

- $\frac{1}{4}$ onion
- $\frac{1}{8}$ yellow pepper
- clove garlic
- 100g mixed beans
- 30ml salsa
- 15ml frozen sweetcorn
- 25g herby soft cheese
- pinch cumin
- pinch coriander
- 1 tortilla wrap

baking tray	wooden spatula
cooks knife	pot stand
chopping board	round-bladed knife
garlic press (between 2)	
cup	
plate	
frying pan	

Method

1. Set oven to 190°C / Gas Mark 5. Collect equipment and ingredients.
2. Dice onion, pepper and crush garlic.
3. Heat oil and fry the onion, pepper and garlic for 2 minutes.
4. Add beans, spices, salsa and sweetcorn.

Heat for 1-2 minutes.

5. Place in the centre of the tortilla.
6. Add soft cheese in small chunks on top.
7. Fold the tortilla as demonstrated.
8. Place on a baking tray and bake in the oven until crisp (approx 10 minutes).

