



Vegan burritos



Prep: 10 mins
Cook: 30 mins



Easy



Serves 4



Ingredients

4 large or 8 small tortilla wraps

2 large handfuls spinach leaves, shredded

1 avocado, thinly sliced (optional)

hot sauce, to serve

For the chipotle black beans

1 tbsp oil

1 garlic clove, crushed

1 tbsp chipotle paste

400g can chopped tomatoes

400g black beans, drained

1 bunch coriander, chopped

For the lime and red onion rice

250g wholegrain rice, cooked and drained

1 lime, juiced

½ red onion, very finely chopped

50g hazelnuts, roughly chopped

Method

Step 1 To make the beans, heat the oil in a pan and fry the garlic for a minute, then stir in the chipotle paste. Tip in the tomatoes, stir and bring to a simmer. Season with salt. Simmer until thick, add the beans and cook briefly (make sure any water gets cooked off), then stir in the coriander.

Step 2 If you are using cold cooked rice, then warm it through, stir in the lime juice, red onion and nuts and season well.

Step 3 Lay out the tortillas and sprinkle over some spinach, add some avocado slices and some rice, then top with the bean mix. Add a shake of hot sauce, if you like. Roll the bottom up, then fold the sides in to stop the filling falling out as you roll. Wrap tightly in foil, if you like, and cut in half.