**Recipe of the week- Beef Burritos**

**Ingredients**

* 1 tbsp olive oil
* 1/2 onion, finely chopped
* 2 garlic cloves, very finely chopped
* 1/2 tbsp ground cumin, 1/2 tbsp ground coriander and any other spices of choice
* 250g beef mince
* 200g chopped tomatoes
* 200g can black beans or kidney beans with the can water
* 4 tortillas/ wraps
* 200g cooked rice
* your choice of toppings- we suggest guacamole, tomatoes, soured cream, lettuce, cheddar cheese, red chilli, and bell peppers

**Method**

1. Heat the oil in a large pan
2. Boil or make your rice according to packet instructions whilst doing the following, time accordingly with the other ingredients which should take around 30 minutes
3. Fry the onions for 8 mins, then add the garlic, and spices and cook for 1 min.
4. Crumble over the mince and sizzle for 5 mins, stirring occasionally until browned.
5. Stir in the sugar and leave for a minute, then add in the vinegar and pour in the tomatoes.
6. Simmer for 5 mins then tip in the beans and the water from the can.
7. Season to your taste, stir and simmer everything for 20 mins until the beef is in a thick gravy.
8. To make the burritos, put some rice and beef sauce on the tortilla and add choice of topping. Fold over the ends and roll up to seal.
9. Enjoy!

**Omelette recipe**

**Ingredients**

* Very finely chopped vegetable fillings of choice- we recommend bell peppers, onions and mushrooms
* Finely chopped meat fillings of choice- we recommend ham, pre-cooked chicken or ready-to-eat sausage
* 2 eggs, beaten
* A splash of milk
* 1 tbsp olive oil or butter
* Sprinkle of grated cheese
* Side of choice- we recommend toast, a bagel or crusty bread

**Method**

1. Add olive oil/butter to a plate-sized frying pan
2. Add vegetables to pan and fry until cooked through
3. Add meat and do the same
4. Whilst the meat is cooking, whisk the eggs and splash of milk together
5. Once the meat and veg is cooked to your liking, add the egg/milk mixture to the pan so it covers the pan in an even layer
6. Sprinkle the cheese on top
7. Fry until the mixture is no longer floppy and can be moved without falling apart
8. Fold omelette in half so it’s a semi-circle shape
9. Fry until it is done to your liking
10. Serve with toast, a bagel or bread and butter
11. Enjoy!

**Stir Fry**

**Ingredients**

* 1/2 bunch spring onions
* 1/2 garlic clove, crushed or very finely chopped
* 1/2 ripe mango
* 200g boneless skinless chicken breast
* 2 tbsp olive oil
* bag of fresh stir-fry vegetables or alternatively your vegetables of choice- we recommend red onion, bell peppers, beansprouts, cabbage and brocolli
* 5 tbsp sweet chilli sauce or sauce of choice- we also recommend sweet and sour sauce
* 1 tsp honey
* 100g rice to serve

**Method**

1. Boil rice according to packet instructions, time accordingly to be ready with the other ingredients which should take around half an hour.
2. Trim the roots and tops off the spring onions and slice diagonally.
3. Cut the mango lengthways on either side of the stone, then peel off the skin and chop the flesh into cubes.
4. Slice the chicken into thin strips.
5. Heat half the oil in a large frying pan or wok.
6. Add the chicken and stir-fry for 4-5 minutes until lightly coloured.
7. Remove from the pan with a slotted spoon and transfer to a plate.
8. Heat the remaining oil in the pan and add the spring onions, ginger and garlic. Stir-fry for 30 seconds.
9. Add the mango and vegetables and stir-fry for a further 1 minute.
10. Return the chicken to the pan and add your sauce.
11. Stir until evenly mixed, then cover and cook until the chicken is tender and slightly browned and the veggies are cooked to your liking.
12. Stir in the rice until evenly mixed.
13. Serve and enjoy