



Bean and rice burritos

Serves 4

Ingredients

- 150g dried long-grain rice
- 400g can red kidney beans in chilli sauce
- 400g can mixed pulses in water, rinsed and drained
- 2 tbsp tomato puree
- 1 tomato, finely chopped
- 1/2 red onion, finely chopped
- 1/4 cucumber, deseeded and diced
- 125g fat-free natural Greek yoghurt to serve
- Lime wedges to serve

For the wraps

- 10 large eggs
- Small handful of fresh parsley, finely chopped
- Low calorie cooking

Method

1. Cook the rice according to the pack instructions, then drain and keep warm
2. Meanwhile make the wraps. Crack the eggs into a large measuring jug, whisk until smooth and season with a pinch of salt. Stir in the parsley.
3. Spray a small non-stick frying pan with low-calorie cooking spray and place over a high heat. When hot, pour in 1/8 of the egg mixture (or enough to just cover the bottom of the pan), tilting the pan to spread the egg around. Cook for 1-2 minutes, or until lightly browned underneath, then flip over and cook for another 1-2 minutes. Transfer the wrap to a baking sheet lined with baking parchment, cover with another sheet of parchment and keep warm. Spray the pan again with low-calorie cooking spray and make another 7 wraps in the same way, adding each cooked wrap to the pile.
4. Heat a non-stick frying pan over a medium heat, add the kidney beans and sauce, pulses and tomato puree and warm through for 3-5 minutes. Remove from the heat and season lightly.
5. Stir the beans into the rice and divide between the egg wraps. Scatter over the tomato, red onion and cucumber, and roll up loosely (you might need to hold the wraps in place with cocktail sticks).
6. Serve hot with fat-free natural Greek yoghurt and lime wedges to squeeze over.

Veggie and
low-carb!