Mexican bean wraps

Beans are filled with fibre which is great for your digestive system.

Makes: 16 snack portions • Preparation time: 20 minutes

Ingredients

- 2 tins of mixed beans
- 1 tbsp olive oil
- 2 red onions
- 2 peppers
- 1 garlic clove
- Mexican seasoning (1/2 tsp cumin, 1/2 tsp paprika, 1/2 tsp chilli powder, 1/4 tsp garlic powder, 1/4 tsp black pepper, 1/4 tsp salt)
- 2 avocados
- 200g cherry tomatoes
- 1 lime
- 8 wholemeal wraps

Optional:

- grated cheese
- sour cream

Method

1. Drain the beans. Finely chop the onions and mince the garlic
2. Heat the oil in a frying pan and add the onions and garlic. Slice the peppers and add to the pan.
3. Once the vegetables have softened add the beans and spices. Add a splash of water and cook for 5 minutes.
4. Mash the avocado with some lime juice, salt and pepper. Dice the tomatoes and mix them into the mashed avocado.
5. Heat the wraps in the microwave (add your grated cheese now if you want it to melt).
6. Spread the avocado onto the wraps evenly, then top with the beans and sour cream if using.
7. Roll it up and cut into half for a snack portion.

Equipment

- Chopping board
- Knife
- Frying pan
- Microwave
- Garlic press

Top tips

- Swap the beans for black beans or kidney beans
- Add some coriander for added taste
- Use a ready made taco seasoning
- Buy beans in mexican tomato sauce