



Irish Beef Burritos

Derived from the term “little donkey” in Spanish, the exact origin of burritos is a source of some debate. It is thought the name came from the food’s similarity in shape and wrapped style to the pack-roll slung over a donkey’s back...but even this is argued!

Nutritional Info

Calories: 632 kcal
Carbohydrates: 50 g
Protein: 27 g
Fat: 59 g

Ingredients

- Ground Irish Beef
- Baby Gem
- Fresh Tomatoes
- Red Chilli
- Onion
- Garlic
- Cheddar Cheese
- Wrap
- Kidney Beans
- Spice Mix
 - Cumin
 - Chilli Powder
- Your Pantry**
 - Olive Oil
 - Salt & Pepper

Allergens

Milk (Cheese)
Wheat (Wrap)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Prepare the ingredients

Finely chop the onion. Peel and crush the garlic. Chop the fresh tomatoes. Slice the red chilli.

2) Fry the beef

Place 1/2 tablespoon of oil in a large pan on a medium heat. Fry the chopped onion for 3 minutes, then add and cook the garlic for a further 3 minutes.

Add the beef, breaking it apart with a wooden spoon, and fry for 4-5 minutes until brown.

3) Add the spices

Now add the spice mix, red chilli and tomatoes to the pan (Reduce spice mix and chilli if you prefer less spice). Mix all the ingredients together and season with salt and pepper.

4) Add some water

In the same pan, add about 1 tablespoon of water per person to prevent the meat from sticking & burning. Reduce the heat to a simmer and cook for 10 minutes.

5) Add the beans

Drain the excess liquid from the kidney beans and rinse thoroughly with water before adding them to the pan. Leave on a low simmer for another 5 minutes to allow the beans to heat through.

6) Warm the wraps

Warm the wraps by putting them in the microwave for 20 seconds or by gently heating on a dry pan.

7) Make the burritos

Break off the baby gem leaves and fill the burrito with the beef, baby gem leaves and cheddar cheese.



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