



Ultimate Chipotle Beef, Cheese and Bean Burritos

with Sweet Potato Chips and Tomato & Avocado Salsa

35

Ultimate 35-40 Minutes • Mild Spice • 5 of your 5 a day



Sweet Potato



Garlic Clove



Red Kidney Beans



Mature Cheddar Cheese



Lime



Medium Tomato



Avocado



Beef Mince



Chipotle Paste



Tomato Puree



Red Wine Stock Paste



Super Soft Tortilla with Whole Wheat

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, grater, baking tray, fine grater, bowl, frying pan and potato masher.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Garlic Clove**	2	3	4
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	60g	80g	120g
Lime**	½	1	1
Medium Tomato	2	3	4
Avocado	1	2	2
Beef Mince**	240g	360g	480g
Chipotle Paste	20g	40g	40g
Tomato Puree	30g	60g	60g
Red Wine Stock Paste 14)	28g	42g	56g
Super Soft Tortilla with Whole Wheat 13)	4	6	8

Pantry	2P	3P	4P
Sugar for the Salsa*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Sauce*	½ tsp	1 tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	5491/1312	644/154
Fat (g)	67.8	8.0
Sat. Fat (g)	27.7	3.3
Carbohydrate (g)	115.2	13.5
Sugars (g)	31.1	3.7
Protein (g)	57.4	6.7
Salt (g)	4.37	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a sieve. Grate the **cheese**.



Cook the Chipotle Beef

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt and pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*

Add the **kidney beans** to the **beef** and use a potato masher to mash **half** of them in the pan.

Stir in the **garlic, chipotle paste** and **tomato puree**. Cook for 1 min.



Roast the Chips

Pop the **sweet potato chips** onto a large baking tray. Drizzle with **oil**, season with **salt and pepper**, then toss to coat. Spread out in a single layer.

TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Simmer your Filling

Add the **red wine stock paste, sugar** and **water for the sauce** (see pantry for both amounts) to the **beef**.

Stir together and bring to the boil, then reduce the heat slightly and simmer until the **mixture** is thick, 5-6 mins.

Mix in the **butter** (see pantry for amount) until melted, then taste and add **salt and pepper** if needed. Remove from the heat.

Just before your **chips** are ready, pop your **tortillas** (2 per person) onto a baking tray and into the oven to warm through, 1-2 mins.



Time to Salsa

Meanwhile, zest and halve the **lime**. Chop the **tomatoes** into 1cm chunks.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, then cut into 1cm chunks.

In a medium bowl, combine the **tomatoes, avocado, lime zest** and a squeeze of **lime juice** with the **sugar** and **olive oil for the salsa** (see pantry for both amounts). Season with **salt and pepper**, mix together and set aside.



Finish and Serve

When ready, lay the **tortillas** on your plates and add a spoonful of **beef mixture** down the middle of each **tortilla**. Sprinkle over some **cheese**, then add a spoonful of **tomato avo salsa**.

Fold the bottom third (closest to you) of the **tortilla** over the **filling**, then fold over the left and right sides to encase everything (or leave one end open if you'd prefer). Secure your **burrito** by wrapping foil round the bottom if you'd like.

Serve your **ultimate burritos** with the **sweet potato chips** and any remaining **salsa** on the side.

Enjoy!