# **Mexican pockets**

**Ingredients**

1 spring onion

½ red, yellow or green pepper

25g cooked chicken or tofu

20g reduced fat Cheddar cheese

50g canned kidney beans, drained and rinsed

25g frozen peas

25g canned or frozen sweetcorn

½ x 5ml spoon (½ teaspoon) chipotle paste

or 1 x 5ml spoon (1 teaspoon) mild chilli powder

1 egg

**Makes 4 pockets**

2 large tortilla wraps or 4 mini wraps

**Quick salsa**

1 tomato

1 spring onion

1 x 5ml spoon (1 teaspoon) lime juice

¼ fresh chilli

**Equipment**

Measuring scales, baking tray, colander, mixing bowl x 2, small vegetable knife, chopping board, mixing spoon, measuring spoons, jug, fork, pastry brush, juicer.

Method

1. Heat the oven to 200°C/gas mark 6. Line or lightly grease a baking tray.
2. Prepare the filling ingredients and place in a bowl:
* slice or snip the spring onions into rings;
* dice the pepper;
* chop the cooked chicken or tofu;
* grate the Cheddar cheese.
1. Add the kidney beans, peas and sweetcorn to the bowl.
2. Stir in the chipotle paste or chilli powder.
3. Crack the egg into a jug and mix well with a fork.
4. Cut the wraps in half and brush the edges of each half with the beaten egg.
5. Leave for 30 seconds and then fold into a cone shape sealing the edges carefully.
6. Fill each cone 2/3rds full with mixture. Do not overfill otherwise they will be difficult to seal.
7. Brush the inside edges with egg. Leave for 30 seconds and then seal by pressing the edges together firmly.
8. Place the pockets on the baking tray and brush with egg.
9. Bake in the oven for 10 minutes until golden.

**While the pockets are baking, prepare the salsa ingredients:**

* dice the tomato;
* slice or snip the spring onion;
* finely dice the fresh chilli;
* squeeze the lime;
* place all the ingredients in a small mixing bowl, add 1 x 5ml spoon lime juice and mix well.

Eat well for you and the planet! Top tips

* Focus on fibre – use wholemeal or higher-fibre multiseed wraps for extra fibre.
* Get at least 5 A DAY – if could use frozen peppers, peas and sweetcorn for this dish, they still count towards your 5 A DAY!
* Vary your protein – you can use chicken or tofu for this dish and could also use a can of mixed beans rather than just kidney beans to add to the variety.
* Reduce food waste – don’t forget to freeze any leftover filling for a meal another day and you could blend up any leftover beans from the can to make a bean dip.