# A picture containing plate, food, dish Description automatically generated**Mexican burritos**

**Ingredients**

1 medium onion

½ red chilli or ½ x 5ml spoon (½ teaspoon) dried chilli flakes

1 red pepper

400g can chopped tomatoes

50g reduced fat hard cheese, e.g. Cheddar cheese

225g lean beef mince

2 x 15ml spoon (2 tablespoons) tomato purée

2 flour tortillas

**Makes 2 burritos**

**Equipment**

Vegetable knife, chopping board, sieve, grater, saucepan, colander.

Method

1. Prepare ingredients:

* peel and dice the onion;
* deseed and finely dice the chilli; thoroughly wash and dry hands after touching chilli;
* deseed and finely dice the pepper;
* open the can of tomatoes and drain the juice using a sieve;
* grate the cheese.

1. Dry fry the mince in a saucepan with the onion until the meat is browned. Thoroughly wash and dry hands if touched the raw meat. Carefully drain off any excess liquid using a colander.
2. Add the chilli, pepper, tomato purée and drained chopped tomatoes and stir well.
3. Cover the saucepan and simmer for 15 minutes.
4. When cooked, place half the mixture in a line down the centre of the tortilla and sprinkle with cheese. Fold each side and top and bottom to make a parcel.

Eat well for you and the planet! Top tips

* Focus on fibre – swap plain tortillas for wholemeal or seeded versions.
* Get at least 5 A DAY – make a quick salsa to top your burritos with. Mix chopped tomatoes, crushed garlic, chopped parsley, chopped fresh chilli and lemon juice.
* Vary your protein – reduce the beef mince to 100g and add a can of rinsed and drained kidney beans.
* Reduce food waste – use the leftover tortillas to make tortilla chips. Cut into triangles, spray lightly with oil and bake in the oven at 200°C for a couple of minutes, or until golden.