

Chocolate & Chilli Bean Burrito
RECIPE

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TIME

20 mins

INGREDIENTS

9 items

MAKES

4 servings

Feeling brave? This recipe is for the adventurous. A hint of dark chocolate brings out the best flavours in this burrito!

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INGREDIENTS

- Ben's Original™ Wholegrain Spicy Mexican Microwave Rice 220g
- 1 red onion (sliced)

- 4 squares dark chocolate
- 1 tin mixed chilli beans
- 1 avocado
- ½ lemon (juice)
- 20g mature cheddar cheese
- 1 baby gem lettuce (sliced)
- 8 soft tortilla wraps

INSTRUCTION

- 1
Drizzle olive oil into the frying pan, add the red onion and cook until translucent, add the tin of mixed chilli beans, then add a drop of water and simmer for 5 minutes.
- 2
Half the avocado and remove the stone and outer skin. Using a fork and small bowl mash the avocado so that it is just smooth, mix in the lemon juice and set aside.
- 3
Add the dark chocolate to the frying pan of mixed beans and incorporate well. Once melted take the pan off the heat. Squeeze the Ben's Original™ pouch to separate rice and cook according to pack instructions.
- 4
Spoon the Ben's Original™ Rice across the center of the tortilla wrap, top with the mixed chilli beans, a sprinkle of the cheddar cheese, a spoonful of guacamole and then finally the baby gem lettuce. Fold over one end and then roll the tortilla up tightly, serve and enjoy!

NUTRITION

Amount Per Serving

- Added Sugar (g) 1.71
- Dietary Fibre (g) 8.42
- Energy (kCal) 954.91
- Energy (kJ) 3992.37
- Protein (g) 24.34
- Saturated Fat (g) 12.71
- Sodium (mg) 1582.54
- Total Carbohydrate (g) 130.62
- Total Fat (g) 34.84
- Total Sugar (g) 10.88

Categories:

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Cooking time

20 mins

Ingredients

12 items

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Cooking time

20 mins

Ingredients

10 items

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[Mexican Style Chicken Pitta](#)

Cooking time

25 mins

Ingredients

13 items

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