



Meat Free Burrito

Ingredient	10 Portions	50 Portions	100 Portions
10" Flour Tortilla	10	50	100
Easy Cook Rice (Cooked and Hot) 300g		1.5kg	3kg
Quorn Mince	300g	1.5kg	3kg
Diced Peppers	200g	1kg	2kg
Diced Onion	200g	1kg	2kg
Kidney Beans	160g	800g	1.6kg
Cajun Seasoning	1 tsp	2.5 tbsp	5 tbsp

Key Points

You could swap quorn mince for red lentils in this recipe, you will need to adjust the amount of cajun seasoning to taste.

Method

1. Prepare the rice as per the packaging instructions
2. Drain and wash the kidney beans and cook in water for 10 minutes
3. Mix with the hot rice
4. In a separate hot pan add enough oil for frying
5. Fry the peppers and onions with some Cajun seasoning until just soft
6. Add the vegetarian mince and the rest of the Cajun seasoning
7. Fry stirring well until piping hot throughout
8. On a tortilla wrap add a large spoonful of the rice and bean mixture
9. Spoon on some of the peppers and mince mixture
10. Roll the tortilla tucking in the sides
11. Wrap in tin foil and keep hot until serving

Allergens Wheat, Barley, Eggs