



Mexican Black Bean Wrap

with Cheddar Cheese & Smokey Aioli

Grab your Meal Kit with this symbol



Capsicum



Black Beans



Tex-Mex Spice Blend



Tomato Paste



Tomato



Smokey Aioli




Classic Wraps



Shredded Cheddar Cheese



Baby Spinach Leaves

 Hands-on: 10 mins
Ready in: 15 mins

There's nothing better than a good wrap that's ready in 15 minutes for lunch. Seriously, what could be better than warm flour tortillas stuffed with all kinds of delicious fillings? Ours boast stewed and mildly spiced black beans, diced capsicum, plus fresh salads. Finish it off with a sprinkling of Cheddar for your Tex-Mex hit.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
capsicum	1
black beans	1 tin
Tex-Mex spice blend	1 sachet
water*	¼ cup
tomato paste	1 packet
tomato	1
white wine vinegar*	drizzle
smokey aioli	1 packet (50g)
classic wraps	4
shredded Cheddar cheese	1 packet (100g)
baby spinach leaves	1 bag (30g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4701kJ (1123Cal)	745kJ (178Cal)
Protein (g)	42g	6.7g
Fat, total (g)	49.5g	7.8g
- saturated (g)	21.1g	3.3g
Carbohydrate (g)	114.6g	18.2g
- sugars (g)	20.1g	3.2g
Sodium (mg)	2828mg	448mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the bean filling

Roughly chop the **capsicum**. Rinse and drain the **black beans**. Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **capsicum** until softened, **4-5 minutes**. Add the **black beans**, **Tex-Mex spice blend**, **water** and **tomato paste** and cook until softened, **2-3 minutes**. Season to taste. Transfer to a medium bowl to cool.



Pack lunch

Spread the **smokey aioli** over the **classic wraps** (see ingredients) and sprinkle with the **shredded Cheddar cheese**. Divide the **baby spinach leaves** and **Tex-Mex bean filling** between **wraps**. Spoon the **tomato salsa** over the **bean filling**. Tuck in the ends and roll into burritos. Wrap in foil or plastic wrap and refrigerate.



Make the salsa

While the black beans are cooking, roughly chop the **tomato**. In a small bowl, combine the **tomato** and a small drizzle of **white wine vinegar**. Season to taste.



Serve up

At lunchtime, remove the wrapping and reheat the wrap in a sandwich press for **1 minute** or on a plate in the microwave for **30 second** bursts until heated to your liking.

Enjoy!