

CURRY LEGEND BURRITO



GOES GREAT WITH...

A bowl of tortilla chips and extra salsa to serve

EXTRAS
#54

ALSO WORKS A TREAT WITH...


- Finely chopped mushrooms or cooked puy or black lentils in place of the mince

RAISE YOUR GAME BY...

Adding finely chopped jalapeño chillies to the salad



CURRY LEGEND BURRITO

Prep 35 mins	Cook 45 mins
Heat 	Serves 4

This month we present the Curry Legend Burrito! Burritos are an entire meal in a single rolled tortilla - rice, beans, salad and salsa together in perfect harmony. This simple version has had a Curry Legend makeover with **HALDI BLEND** spiced rice and lentils, a spicy keema filling and a delicious tomato salsa using our **MIRCHI BLEND**.

300g **lamb** or **beef mince** or use **soy mince** for a veg version

1 **red onion** - finely chopped

2 **tomatoes** - finely chopped

½ **cucumber** - deseeded and finely chopped

25g **bunch of coriander** - leaves picked and finely chopped

1-2 **green chillies** (optional) - finely chopped

½ **lemon**

150g **natural yogurt** (full fat is best)

100g **cheddar cheese** - coarsely grated

100g standard **long grain** or **basmati rice**

30g **red lentils**

400g **tin of tomatoes** - drained and juice discarded

Mango chutney (optional)

4 **large tortillas** or **wraps**

1 tsp



HALDI BLEND

2 tsp



METHI BLEND

3 tsp



MIRCHI BLEND

1

Cook the rice and lentils in 200ml water with 1 tsp **HALDI BLEND** and ½ tsp salt in a covered pan for 15 minutes or until all the liquid has been absorbed and the rice is cooked through

2

Fry the mince in 1 tbsp oil with 2 tsp **METHI BLEND**, 1 tsp **MIRCHI BLEND** and ½ tsp salt for 15 minutes or until cooked through and beginning to brown around the edges, breaking it up as it cooks

3

To make the salsa, mash the drained tin of tomatoes with 2 tsp **MIRCHI BLEND**, the juice of the ½ lemon and ¼ tsp salt to a coarse paste then stir in the onion and green chillies (if using)

4

To make the salad, mix the cucumber, tomatoes and coriander with a big pinch of salt

5

Warm the tortillas then assemble each burrito by placing ¼ of the rice and lentils, ¼ of the mince, 2 tbsp salsa, 1 tbsp salad, ¼ of the cheese, 1 tbsp yogurt and 1 tbsp mango chutney (if using) in the lower half of each tortilla

6

Fold up the tortilla to cover the filling, then fold in the right and left sides to seal the edges

7

Squeeze really tightly to compress the filling, then roll up to create a tightly packed parcel (you can wrap each burrito in foil and reheat in the oven later if you prefer)

8

Serve with the remaining salsa, salad and yogurt on the side