



# UCCOOK

## Mexi Bean Crunch Wrap

with BBQ sauce & sour cream

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**Chef:** Morgan Barnard

Nutritional Info	Per 100g	Per Portion
Energy	1008kJ	3660kJ
Energy	241kcal	876kcal
Protein	6.3g	22.9g
Carbs	31g	114g
of which sugars	5.3g	19.2g
Fibre	4.8g	17.4g
Fat	8.6g	31.1g
of which saturated	2.9g	10.5g
Sodium	397.5mg	1442.7mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites, Soy

Eat Within 4 Days

### Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6	8	Wheat Flour Tortillas
360g	480g	Kidney Beans <i>drain &amp; rinse</i>
120ml	160ml	BBQ Sauce
150ml	200ml	Sour Cream
150g	200g	Corn Nachos <i>crumble</i>
8g	10g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

### From Your Kitchen

Seasoning (salt & pepper)  
Water

**1. TASTY TORTILLAS** Place the tortillas on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.

**2. BBQ BEANS** In a bowl, combine the beans with the BBQ sauce and seasoning.

**3. NOW THAT'S A LUNCH** Lay down the tortillas and smear with sour cream. Top with the BBQ bean mixture and crumble over the nacho chips (to taste). Garnish with the coriander, fold up and dig in, Chef!