



UCCOOK

Veggie Black Bean Fajitas

with jalapeño relish

Let's make some tasty Tex-Mex food for lunch, Chef! Warm tortillas are wrapped around black beans, pops of sweet corn, a tangy tomato salsa & a creamy mayo and jalapeño relish. Add some fresh greens, spicy chilli-onion flakes and that's a wrap.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 3 People

Chef: Kate Gomba

Lunch

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Ingredients & Prep

| | |
|-------|--|
| 6 | Wheat Flour Tortillas |
| 360g | Black Beans <i>drain & rinse</i> |
| 150g | Corn |
| 90ml | Tomato Salsa |
| 125ml | Hellman's Mayo |
| 30ml | Jalapeno Relish |
| 15g | Fresh Coriander <i>rinse & pick</i> |
| 60ml | Chilli Onions <i>(52,5ml Crispy Onion Bits & 7,5ml Dried Chilli Flakes)</i> |

From Your Kitchen

Water
Seasoning (salt & pepper)

1. TORTILLAS & FLAVOURFUL FILLING Place the tortillas on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds. In a bowl, combine the drained beans, the corn, the tomato salsa, and seasoning. In another small bowl, combine the mayo with the jalapeño relish (to taste).

2. LUNCH IS READY Top the tortillas with the bean mixture and the rinsed coriander. Dollop over the spicy mayo and sprinkle over the chilli onions. Wrap them up and enjoy!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 927kJ |
| Energy | 222kcal |
| Protein | 4.9g |
| Carbs | 23g |
| of which sugars | 2.4g |
| Fibre | 3.4g |
| Fat | 11.9g |
| of which saturated | 2.7g |
| Sodium | 354mg |

Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Eat
Within
4 Days