



UCCOOK

Veggie Black Bean Fajitas

with jalapeño relish

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	927kJ	3189kJ
Energy	222kcal	763kcal
Protein	4.9g	17g
Carbs	23g	79g
of which sugars	2.4g	8.1g
Fibre	3.4g	11.8g
Fat	11.9g	40.8g
of which saturated	2.7g	9.4g
Sodium	354mg	1218mg

Allergens: Egg, Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6	8	Wheat Flour Tortillas
360g	480g	Black Beans <i>drain & rinse</i>
150g	200g	Corn
90ml	125ml	Tomato Salsa
125ml	160ml	Hellman's Tangy Mayo
30ml	40ml	Jalapeño Relish
15g	20g	Fresh Coriander <i>rinse & pick</i>
60ml	80ml	Chilli Onions <i>(52,5ml [70ml] Crispy Onion Bits & 7,5ml [10ml] Dried Chilli Flakes)</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

- 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 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 coriander. Dollop over the spicy mayo and sprinkle over the chilli onions. Wrap them up and enjoy!