



UCCOOK

Veggie Black Bean Fajitas

with jalapeño relish

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	745kJ	2523kJ
Energy	178kcal	604kcal
Protein	5.1g	17.2g
Carbs	24g	80g
of which sugars	2.3g	7.9g
Fibre	3.5g	11.7g
Fat	6.7g	22.6g
of which saturated	1.8g	6.1g
Sodium	424mg	1435mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Wheat Flour Tortillas
120g	240g	Black Beans <i>drain & rinse</i>
50g	100g	Corn
30ml	60ml	Tomato Salsa
40ml	80ml	Hellmann's Tangy Mayonnaise
10ml	20ml	Jalapeño Relish
5g	10g	Fresh Coriander <i>rinse & pick</i>
7,5g	15g	Chilli Onions <i>(5g [10g] Crispy Onion Bits & 2.5ml [5ml] 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!