



# 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.

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Lunch

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## Ingredients & Prep

2	Wheat Flour Tortillas
120g	Black Beans <i>drain &amp; rinse</i>
50g	Corn
30ml	Tomato Salsa
40ml	Hellman's Mayo
10ml	Jalapeño Relish
5g	Fresh Coriander <i>rinse &amp; pick</i>
20ml	Chilli Onions <i>(17,5ml Crispy Onion Bits &amp; 2,5ml 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