



WCOOK

Veggie Black Bean Pita

with jalapeño relish

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

| Nutritional Info | Per 100g | Per Portion |
|-------------------------|----------|-------------|
| Energy | 758kJ | 2556kJ |
| Energy | 181kcal | 612kcal |
| Protein | 5.4g | 18.3g |
| Carbs | 26g | 89g |
| of which sugars | 2.2g | 7.3g |
| Fibre | 3.3g | 11.2g |
| Fat | 5.4g | 18.1g |
| of which saturated | 0.9g | 3.1g |
| Sodium | 387mg | 1306mg |

Allergens: Sulphites, Gluten, Wheat, Soya, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 1 | 2 | Pita Bread/s |
| 120g | 240g | Black Beans <i>drain & rinse</i> |
| 50g | 100g | Corn |
| 30ml | 60ml | Tomato Salsa |
| 40ml | 80ml | Hellmann's Tangy Mayonnaise |
| 10ml | 20ml | Jalapeno Relish |
| 5g | 10g | Crispy Onion Bits |

From Your Kitchen

Seasoning (salt & pepper)

Water

1. HEAT-A THE PITA Heat the pita bread/s in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly and cut in half to make the pockets.

2. FLAVOURFUL FILLING 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).

3. LUNCH IS READY Smear the spicy mayo inside the pockets. Fill with the bean mixture and sprinkle over the crispy onions. Simple as that, lunch is ready!