

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: 10 minutes

Overall Time: 10 minutes

Serves: 2 People

Chef: Kate Gomba

Lunch

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Ingredients & Prep

4	Wheat Flour Tortillas
240g	Black Beans <i>drain & rinse</i>
100g	Corn
60ml	Tomato Salsa
80ml	Hellman's Mayo
20g	Jalapeño Relish
10g	Fresh Coriander <i>rinse & pick</i>
40ml	Chilli Onions <i>(35ml Crispy Onion Bits & 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