



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!