

QCOOK

Veggie Black Bean Fajitas

with jalapeño relish

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	754kJ	2518kJ
Energy	180kcal	602kcal
Protein	5.1g	17g
Carbs	24g	80g
of which sugars	2.4g	7.9g
Fibre	3.5g	11.6g
Fat	6.8g	22.6g
of which saturated	1.8g	6.1g
Sodium	430mg	1434mg

Allergens: Sulphites, Gluten, Wheat, Soya, Allium

Spice Level: Hot

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6	8	Wheat Flour Tortillas
360g	480g	Black Beans <i>drain & rinse</i>
150g	200g	Corn
90ml	125ml	Tomato Salsa
125ml	160ml	Hellmann's Tangy Mayonnaise
30ml	40ml	Jalapeño Relish
22,5g	30g	Chilli Onions <i>(15g [20g] Crispy Onion Bits & 7.5ml [10ml] 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. Dollop over the spicy mayo and sprinkle over the chilli onions. Wrap them up and enjoy!