

## SMOKY BEAN FAJITAS

*These spicy veggie wraps are an easy family meal, full of protein and super tasty too.*

**SERVES 4** 

### INGREDIENTS

2 tablespoons vegetable oil  
1 red onion  
2 cloves garlic  
1 small, sweet potato  
1 red pepper  
1 small tin of sweetcorn  
1 teaspoon cumin  
1 teaspoon smoked paprika  
½ teaspoon chilli powder  
1 x 400g black beans or mixed beans  
1 x 400g can chopped tomatoes  
60g cheddar cheese  
4 large or 8 small tortilla wraps  
Salt & pepper  
100ml natural yoghurt to serve

### EQUIPMENT

Knife  
Measuring spoons  
Wooden spoon  
Chopping board  
Saucepan  
Frying pan  
Colander or sieve  
Grater

### ALLERGENS

Milk, Gluten

### TIP

Try adding different vegetables such as chopped up broccoli, green beans etc.



### METHOD

- 1 Peel the sweet potato, then chop into small dice (approx. 1cm). Place in a saucepan filled with boiling water and boil for 5 minutes (the potato won't be soft yet, but it will cook further later). Drain and set aside.
- 2 While the potato is cooking, peel the onion and slice finely. Prepare the pepper: place the pepper on its side and trim off the top and bottom. Now stand the pepper up and make a cut down its side. Place it back on its side and roll it open, running your knife along the inside to remove the core, seeds and pith. Slice finely.
- 3 Heat the vegetable oil in the frying pan and add the sliced onion and pepper. Stir well and gently fry for approx. 8-10 minutes, or until softened and starting to brown at the edges.
- 4 Meanwhile, place the garlic cloves on a chopping board and squash with the back of a wide-bladed knife; remove the skin and chop finely.
- 5 Add the garlic and spices to the pan with the onion and peppers and cook for a couple of minutes, then add the sweet potato, drained sweetcorn, drained and rinsed beans and tinned tomatoes. Simmer for 10 minutes until most of the liquid has evaporated, then season with salt and pepper.
- 6 While the bean mixture is cooking, grate the cheese.
- 7 Warm the wraps in a dry frying pan or in the microwave for 1 minute, then divide the bean mixture between the wraps, placing along the centre of the wraps. Top with some grated cheese and yoghurt, then fold in the sides and roll up to enclose the filling and serve.

