

Food Discovery Chilli Bean Wraps

Ingredients For 4 people (allergens in *bold italics*)

If you don't have all the ingredients you can still make the wraps- You can leave out any of the ingredients or make up your own swap

Cooking safely at home





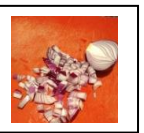








Remember to:

Wash your hands

Tie your hair back

Use knives safely- keep your fingers out of the way

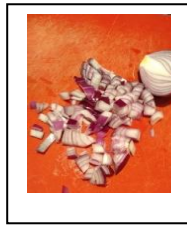
Always ask an adult to help if you are using a cooker or kettle


	2 tablespoons Olive oil		1 teaspoon mild chilli powder 2 teaspoons paprika 2 teaspoons cumin power 2 teaspoons oregano or you can use any herbs and spices you like
	2 cloves garlic, peeled and chopped or grated		1 yellow or red pepper, sliced.
	1 onion or leek, chopped		8 spring onions, chopped.
	400g tin mixed beans, drained and rinsed or 1 tin sweetcorn		Handful of mushrooms, chopped
	400g tin or box chopped tomatoes		8 tortilla wraps (contains gluten)
	Handful of spinach, chopped		Grated <i>cheese (contains milk)</i>
			Handful of Fresh Coriander or Basil, chopped

Food Discovery Chilli Bean Wraps **Cooking instructions**

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1 Heat the oil in a saucepan and add the chopped onion or leeks and garlic. Fry for a couple of minutes. Stir carefully with a spoon.






2Mins

2. Add in the spices, tomatoes and beans and cook for 10 minutes until the sauce is quite thick.






10 Mins

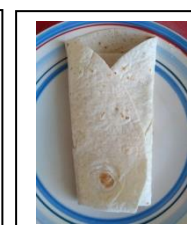
3. Add the sliced peppers and spring onions, spinach, mushrooms and corn and cook for 2 more minutes. Stir in your chopped herbs





2Mins

4. Make your wrap. If you don't have a wrap, you can eat your Chilli on its own or with Rice or a Baked Potato. **Eat hot or eat cold**
Put a couple of spoonfuls of your filling in the middle of the wrap. Fold the bottom of the wrap up, fold the sides in, fold the top down.



Food Discovery Chilli Bean Wraps

If you make the Food Discovery Chilli Bean Wraps, you can use this space for your notes.
You can write, Draw, take a photo, make a cartoon, or anything else you want to do here.

My Notes: