

This plant based street food is great option for grab and go or break time.

**EDUCATION SECTOR: SECONDARY**

**SERVINGS: 10**

**ALLERGENS: GLUTEN AND MILK**



# Butternut & Mixed Bean Burritos

## Ingredients

### FOR THE FILLING

1.2kg Butternut squash  
300g Onion, diced  
20ml Vegetable oil  
250g KNORR Professional Arrabbiata Sauce  
10g Ground cumin  
1kg Mixed tinned beans, drained  
10g Coriander, chopped (optional)

### FOR THE RICE

200g Brown rice  
10g KNORR Professional Vegetable Powder Bouillon  
500ml Water

### TO SERVE

900g Wholegrain 10' tortilla wrap (90g each)  
200g Grated cheese



## Method

### FOR THE FILLING:

- Cut the butternut squash in half, scoop out the seeds then place onto an oven tray and roast for 50 minutes at 170°C.
- Once the butternut squash is cooked allow to cool slightly then cut into 2cm dice.
- Sauté the onions for 5 minutes then add the cumin, beans and KNORR Professional Arrabbiata Sauce.
- Simmer for 10 minutes then remove from the heat and stir through the coriander and the diced butternut squash and allow to cool.

### FOR THE RICE:

- Pour the water into a saucepan and add the rice and KNORR Professional Vegetable Powder Bouillon.
- Bring to a gentle simmer and cook for 20 minutes or until soft.
- Remove from the heat, cover and then chill.

### TO SERVE:

- Lay the tortilla out on a flat surface.
- Divide the cooked rice between the wraps, then top with the butternut filling and finish with grated cheese.
- Roll each wrap up tightly, then wrap in tin foil and re-heat in the oven for 15 minutes at 170°C or until core temperature is reached.
- Serve with dip and salad as an optional extra.