

LOADED WELSH BEEF BURITTOS



INGREDIENTS

450g lean PGI Welsh
Beef mince

1 tbsp oil

1 onion, finely
chopped

1 tsp dried cumin

1 tsp paprika

1 tsp mild chilli
powder

1 tbsp tomato puree
or ketchup

400g tin chopped
tomatoes

Small tin red kidney
beans

Small tin sweetcorn

Chopped coriander

1 pack cooked rice

4-6 large tortillas

75g grated cheese
(optional)

METHOD

- 1 Preheat oven to 220°C/200°C Fan/Gas 6.
Heat oil in a large frying pan. Add the onion and stir for a few minutes to soften. Add the minced beef and fry until browned.



25 mins

45 mins

Serves 4

- 2 Add the beans, corn, and spices, stir well. Cook, stirring, for 1 minute.



- 3 Add the chopped tomatoes and ketchup. Keep stirring, for 2 minutes until heated through.



- 4 Meanwhile, cook rice following packet instructions and heat the tortillas in the oven or microwave.



- 5 Place the tortillas on a flat surface. Divide the beef mixture along the centre of each tortilla. Top evenly with hot rice and sprinkle with grated cheese.



- 6 Roll up tightly to enclose filling. Wrap the burritos in foil. Bake for 10 minutes or until cheese melts. Serve the burritos with chopped coriander.



Top tips

- This recipe can be made with leftover cooked beef cut into thin strips or use rump steak cut into strips instead of mince.