

Caribbean Burrrito

Plantains are a rich source of fibre and vitamins A, C and B. Fibre is essential for gut health and can improve your digestion whilst also helping you feel full for longer.

Follow the instructions overleaf or see our chefs make this dish in our recipe video.

Open your QR code reader on your smartphone. Hold the device over the code and click to watch.



Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.

Equipment you will need:

Chopping board
Sharp knife
Frying pan
Measuring spoons
Cutlery
Mixing bowl
Spatula

You may also need scissors to open our sachets

Ingredients (allergens highlighted in bold):

For the beans:

1 teaspoon oil
2 cloves garlic
1 onion
1 400g tin beans
1/2 teaspoon paprika
1/2 teaspoon ground cumin
1/2 teaspoon chilli powder

For the plantains:

1 tablespoon oil
2 ripe plantains

To serve:

4 tortillas or wraps
1 quantity of easy rice
1 avocado
1 tomato

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

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Share your feedback in our survey: www.surveymonkey.co.uk/r/TakeandMake

Instructions:

For the rice

1. Cook the rice according to the instructions on the easy rice recipe card.

For the beans

2. Dice the onions and finely chop the garlic.
3. Measure the oil into a frying pan, add the onions and garlic and fry gently until soft and translucent. Stir often to avoid burning.
4. Add the spices and cook for 2 more minutes to release the oils and aromas then add the beans and cook for 2 – 3 more minutes.

TIP
Rinse the beans before they are added to the pan to reduce salt.

For the Plantains

5. Peel and slice the plantains into 2.5cm thick slices.
6. Measure the oil into a frying pan and heat.
7. Cook the plantain slices in the hot oil for 2 – 3 minutes until golden brown then turn with a spatula and cook for 2 – 3 minutes on the other side.
8. Lower the heat and cook for around 5 minutes until the slices are cooked through and soft. Test this with the point of a cutlery knife. Depending on the size of your pan you may need to do this step in batches.

Remember to measure or check the weights of your ingredients. We may have included more than you need.

For the Avocado:

9. Cut the avocado in half, along the longest part, and scoop out the pip using a spoon.
10. Using a spoon, scoop out the flesh into a bowl and mash gently with a fork.

To serve:

11. Lay the tortilla flat on a board, place some rice, bean mix, plantains, avocado and sliced tomato down the middle (from top to bottom). Fold up the bottom a little, fold in the sides and enjoy!

ENERGY SAVING TIP:
By pre-soaking the rice in water for at least 30 minutes you can reduce the amount of cooking required. The rice may not absorb all of the water required in the recipe. Drain any excess cooking liquid in a sieve before adding to the dish or serving.



If your avocado is too firm, you can ripen it quicker by storing it with a banana in a paper bag for a day.