

Mexican Beef Wrap



Classification:

Everyday

Serves:

4

Prep. Time:

15 min

Cooking Time:

10 min

Ingredients:

- 4 tbsp Greek or natural yoghurt
- 4 x 45g wholegrain tortillas
- 250g cup cooked lean beef mince
- 2 cups mixed lettuce leaves
- 2 carrots, grated
- 1 red capsicum, cut into strips
- 2 tomatos, diced
- 1x 400g tin kidney or mixed Mexican beans, drained and rinsed
- 1x 125g tin corn kernels, drained and rinsed
- 1 cup tasty cheese, shredded
- 2 tsp reduced-salt Mexican spice mix
- 2 tsp olive oil

Method:

1. In a pan, heat olive oil over medium heat. Add cooked mince and Mexican spice mix. Stir through beans and corn until warmed. Remove from heat and set aside to cool slightly.
2. Lay tortillas flat. Spread 1 tbsp yoghurt on each.
3. Divide lettuce, carrot, capsicum, tomato, and mince mixture evenly between wraps. Sprinkle with shredded cheese.
4. Roll up tightly, folding the sides. Wrap in baking paper to serve.

Equipment:

- Strainer
- Mixing bowl
- fry pan
- Mixing spoon
- Baking paper
- Container

Tips and Variations:

- Choose reduced-fat varieties of yoghurt and cheese.
- For larger batches, prep veggies and bean mix and store in large containers.
- Optional: heating on sandwich press before serving.