

Looks Like



Ingredients

Ingredient	Quantity	Unit
Reduced Fat Yogurt base	150.00	g
CARROTS	130.00	g
COURGETTE	130.00	g
ONIONS SPANISH	250.00	g
Brakes Chopped Tomatoes in Tomato Juice	380.00	g
Brakes Easy Cook Long Grain Rice	150.00	g
Sysco Classic Ground Cumin	40.00	g
Sysco Classic Madras Curry Powder	7.00	g
Red Kidney Beans in water 1x2.5kg	250.00	g
Cooks Garlic Puree	30.00	g
Fully Baked Flour Tortillas 10 Inch	12.00	Each
Sysco Classic Mature White Cheddar Cheese	200.00	g
Sysco Classic Tomato Paste	60.00	g
Fresh Beef Mince (Lean)	800.00	g

Preparation Notes

Method:

1. Fry the diced onion, carrots, courgette and garlic until soft.
2. Add the beef mince and cook until brown.
3. Add the spices, (these spices have been added but show minimal ingredients, please cook to your children's tastes) and cook for another 2 minutes.
4. Add the Tomatoes, kidney beans and cook for 30 minutes.
5. Boil/steam your rice.
6. Add tomato puree the meat to thicken.
7. Once meat is cooked stir in cooked rice.
8. Create a wrap and coat with yogurt & cheese.
9. Bake for 20 minutes, gas 4, 180°c.

Tip: Try putting sliced tomatoes in the bottom of your tin to stop the wraps from sticking.

Garnish with coriander leaves.

Allergen Info

CEREAL GLUTEN	Y
CRUSTACEA	N
FISH	N
MOLLUSCS	N
PEANUTS	N
SESAME SEEDS	N
SOYBEAN	Y
TREE NUTS	N
CELERY / CELERIAC	N
EGGS	N
MILK	Y
MUSTARD	Y
LUPIN	N
ADDED SULPHUR DIOXIDE	N
WHEAT	Y
BARLEY	N
RYE	N
SPELT	N
KAMUT	MC
OATS	N

Y : YES
N : NO
M/C : MAY CONTAIN
0 : UNCLASSIFIED (BY MANUFACTURER/PROVIDER)