



# Vegetable & Bean Fajitas (serves 4)

Beans are an inexpensive and low fat source of protein and fibre. They also count towards 1 of your 5 a day.

## Ingredients:

2 peppers  
 1 tsp chilli powder  
 1 tsp smoked paprika  
 1 small lettuce  
 1 red onion  
 2 cloves garlic  
 250g /8-10 mushrooms  
 2 tblsp oil  
 2 tblsp balsamic vinegar  
 1 x 440g can chopped tomatoes  
 1 x 440g can mixed beans  
 2 tblsp oregano  
 pinch black pepper  
**6 tortilla wraps**  
**100g grated mature cheddar cheese**

## Equipment:

sharp knife  
 chopping board  
 teaspoons/ tablespoons  
 wok or large frying pan  
 wooden spoon  
 grater  
 can opener

## Instructions:

1. Wash the peppers and lettuce
2. Finely shred the lettuce and set aside for serving later
3. Peel and chop the onion into slices. Slice the peppers into thin strips
4. Wipe the mushrooms with damp paper towel to remove any soil and finely slice
5. Heat the oil in the pan. Add the garlic, onion, peppers and stir-fry for 3 minutes or until they start to soften
6. Add the chilli powder, smoked paprika and oregano to the pan
7. Add the balsamic vinegar and cook for a few seconds before adding the chopped tomatoes, mixed beans and tomato puree. Cook for a further 5 mins or until the mixture has thickened
8. Heat the tortilla wraps according to the instructions on the packet
9. To serve place a little of the bean mixture in the middle of the wrap, sprinkle over grated cheese and lettuce, roll up and enjoy!



Skills used:  
 Washing, measuring, peeling, stir-frying

**ALLERGENS HIGHLIGHTED IN BOLD**