

Burritos SERVES 4

You will need:

500g peeled and cubed sweet potatoes

240g can black beans, rinsed and drained

$\frac{1}{2}$ a red onion, diced

A small pepper, seeded and diced

125g frozen Mango chunks, thawed and drained.

(If you do not have this or do not like mango then go for a fleshy fruit of your choice or leave it out)

$\frac{1}{2}$ tsp ground cumin

$\frac{1}{8}$ tsp chilli flakes

2 tblsp soy sauce

4 large tortillas

Salsa and sour cream to serve, if liked



METHOD

WASH YOUR HANDS

1. Preheat the oven to 375°F/190°C/Gas mark 5.
2. Place the sweet potatoes in a large pot and cover with water. Bring to a boil over a medium/high heat; boil for 5-10 minutes. Turn the heat down to medium and cook until the potatoes are tender.
3. Drain and mash the potatoes, then put to one side
4. In a large bowl, combine the beans, onion, pepper, mango (or other fruit if using), chilli flakes, pepper and soy sauce. Mix until well blended. **DO NOT SMASH THE BEANS.**
5. Fold the sweet potatoes into the bean mixture until very well combined.
6. Fill each tortilla with 64-128g of the bean/potato mix depending on the size of your tortillas. Fold in the sides and then roll into a burrito.
7. Put some greaseproof paper on a baking tray and place your burritos open side down onto the tray.
8. Bake for 20-25 minutes. After 15 minutes in the oven, we sprinkled grated cheese on top of the burritos and put them back in the oven for 10 more minutes.
9. Remove from the oven and allow to cool for 5 minutes.
10. Serve with your favourite salsa and cream if liked. We're having guacamole.

