


CRUNCHY CHILLI BEAN WRAP

VEGETARIAN



 Makes
4

 Prep Time 15
minutes

 Cook Time 5-6
minutes

 A Little More
Effort



INGREDIENTS

- 8 large tortilla wraps
- 420 g can **Wattie's Mild Chilli Beans**

Fillings:

- Shredded lettuce

METHOD

1. Place a 12cm bowl in the centre of a tortilla wrap and cut around it with a small sharp knife to make a circle, repeat with a further 3 wraps to make 4 smaller circles. (Use the leftover tortilla to make tortilla crisps*). Set aside.

- Whole kernel corn
 - Grated cheese
 - Chopped tomatoes
 - Sour cream
 - Chopped spring onions
 - Chopped fresh coriander
3. Place $\frac{1}{4}$ cup of **Wattie's Mild Chilli Beans** in the centre of a large wrap. Place a circle of corn chips on top for the 'crunch'. Top with your choice of toppings – (lettuce, corn, cheese, chopped tomato, sour cream, chopped spring onions, chopped coriander). Place a small tortilla on top. Fold the tortilla edges in towards the centre in sections, overlapping as you go to create your wrap. Repeat with remaining tortillas and fillings.
 4. Toast wraps seam side down in a lightly oiled pan over medium heat for 2-3 minutes, then flip and cook the other side until golden and crispy. Cut in half to serve.

TIPS

- *To make tortilla crisps, cut the leftover tortilla pieces into wedges. Brush or spray both sides of each wedge with a little olive oil and place on a baking tray lined with baking paper. Sprinkle with a little salt and paprika, then bake at 180°C fan assisted for 5 to 8 minutes until they're crisp and golden.
- Add a dollop of smashed avocado to the wrap if wished.
- You can add beef mince to the filling if wished, simply cook the beef mince with the chilli beans before adding to the wrap.