



Mexican Wraps

Servings: 4
Total Time: 1 hr 30 mins
Cooking Time: 1 hr



INGREDIENTS

For the Chilli Con Carne

1 Tbsp light olive oil or coconut oil
 1 Tbsp butter
 1 onion, peeled, halved & sliced
 1 green pepper, diced
 400g lean mince, beef or ostrich
 1 tsp barbeque spice
 2 tsp finely chopped garlic
 1 tsp finely chopped chillies (optional)
 1 tsp paprika paste (or ½ tsp powder)
 1 Tbsp tomato paste



400g tin peeled & diced tomatoes & juice
 400g tin Heinz baked beans in sauce
 1 Tbsp hot curry powder
 1 tsp turmeric
 1 tsp coriander powder
 1 tsp ground cumin



½ tsp cinnamon
 ½ tsp Cajun spice
 freshly ground salt & pepper, to taste

For the Wraps

4-6 corn or flour wraps or Cauli Wraps*
 Guacamole*
 4 large crisp lettuce leaves, shredded
 2 large tomatoes, diced
 1 large onion, peeled & diced
 200g Cheddar or Gruyère cheese, grated

HOW TO MAKE GUACAMOLE

2 avocados, peeled & mashed (400g pulp)
 1 small onion, peeled & diced
 1 tsp finely chopped garlic
 1 Tbsp extra virgin olive oil
 ½ tsp balsamic vinegar
 1 tsp lime or lemon juice
 freshly ground salt & black pepper
 ¼ tsp finely chopped chillies (optional)
 Blend all ingredients together well.

METHOD

In a large frying pan on a high heat, melt the olive oil & butter, fry the onion & green pepper until soft and with a slotted spoon, remove from pan.

In the same pan, stir-fry the mince until brown & free of all lumps.

Return the onions & green peppers to the pan and mix in the barbeque spice, garlic, chillies, paprika & tomato paste. Continue frying for 1 min.

Add the tin of tomatoes with the juice & stir. Reduce the heat & simmer for 20 mins. Stir in the baked beans & remaining spices. Simmer for 10 mins.

While the chilli con carne is simmering, mix the diced tomatoes & onion together.

Lightly fry the wraps & keep warm (10 secs in the microwave will re-warm & soften the wraps if needed).

Assemble each wrap by spreading guacamole quite thickly over the wrap (leaving about a 4cm border free), adding a handful of shredded lettuce and a portion of tomato & onion. Top liberally with cheese. Fold up the bottom and then the sides of the wrap to close. Dress & serve.

VARIATION

Substitute the chilli con carne with *Coronation Chicken**, best served warmed.

HOW TO MAKE CORONATION CHICKEN

125g mayonnaise
 75g chutney
 2 tsp curry powder
 1½ Tbsp lime (or lemon) zest
 5 Tbsp lime (or lemon) juice
 500g left-over chicken, cut into strips
 Mix together the mayonnaise, chutney, curry powder & lime. Fold in the chicken.



