

 **Preparation:** 10 mins  
**Cooking:** 30 mins

 **Serves:** 4

 **Difficulty:** easy



# Beef burritos

Bring a taste of Mexico to your table with these irresistible beef burritos. Bursting with bold flavours and surprisingly simple to prepare, they're perfect for a speedy midweek dinner or a laid-back weekend gathering. Best of all, they can be customised to suit everyone's tastes, making them a guaranteed crowd-pleaser.

## INGREDIENTS

- 1 tbsp sunflower oil
- 1 large red onion, finely chopped
- 3 garlic cloves, crushed
- 500g minced beef
- ½ tsp brown sugar
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp cayenne pepper (adjust to suit)
- ½ tsp oregano
- 2 fresh bird's-eye chillies, chopped (adjust to suit)
- 1 lime, juiced
- 400g tin of chopped tomatoes
- 1 small tin of sweetcorn
- 400g tin of black-eyed beans, rinsed and drained
- Salt and pepper
- 4 large flour tortillas
- 120g Red Leicester cheese, grated
- Sour cream
- Fresh coriander, chopped

## RECIPE

1. Warm the oil in a large frying pan over a medium-high heat. Add the onion and sauté for 2–3 minutes, until translucent. Then include the garlic and fry for another minute.
2. Add the minced beef to the pan, stirring it occasionally to break up any chunks.
3. Once the meat is no longer pink, mix in the sugar, cumin, paprika, cayenne pepper, oregano and fresh chillies. Cook for 1 minute to release the flavours.
4. Add the lime juice, chopped tomatoes, sweetcorn and beans. Simmer for 10–15 minutes, until the mixture thickens. Season with salt and pepper to taste.
5. Warm the tortillas in a dry frying pan, or wrap them in foil and heat in the oven at 180°C/160°C fan/gas 4 for 5 minutes.
6. To assemble the burritos, place a tortilla on a work surface and add a dollop of beef filling into the centre. Top with a sprinkle of cheese, sour cream and coriander.
7. Fold the sides of the tortilla over the filling, then roll it up tightly from one end to the other.
8. Place a large non-stick frying pan over a medium heat. Add the burritos seam-side down and dry-fry for 1–2 minutes on each side to lightly crisp them.
9. Slice the burritos in half and serve with a side salad, nachos, or enjoy them on their own.

