

# Vegan Burritos

1 hour cooking time

Makes 14 burritos (quite a few so feel free to halve recipe, but I love to make some for lunches for the next few days)

## Ingredients

### For the rice mix:

- 250g brown rice
- 1 red onion, diced
- 2 cloves of garlic, crushed
- 2tsp smoked paprika
- 1tsp cayenne pepper
- 1tsp ground cumin
- 1 tin chopped tomatoes
- 1 tin kidney beans, drained and rinsed
- 200g frozen/tinned sweetcorn
- small bunch of fresh coriander, roughly chopped

### For the guacamole:

- 3-4 avocados
- juice of half a lime/lemon
- salt + pepper

### For the tofu crumble ('mince')

I'm in love with tofu crumble - crumbled crispy tofu baked in the oven with a few spices!

I use this recipe: <https://itdoesnttastelikechicken.com/vegan-tofu-taco-crumbles/>

I make a batch of this (minus the salsa) and add it to the burritos to add a 'meaty' texture to them. Feel free to leave this out.

### Putting them together:

- 14 wholemeal wraps
- 1 bag of kale/spinach
- 1 jar of salsa (or homemade)

## Method

1. Cook the rice as directed on the packet.
2. [Meanwhile make the tofu crumbles if you're doing so.](#)

3. Heat a splash of oil or water at the bottom of a large saucepan. Once hot, add the onion and cook until fragrant and caramelised. Add the garlic and stir briefly. Add the spices and stir to coat.
4. Add the tinned tomatoes, beans and sweetcorn. Simmer for 5 minutes.
5. Once your rice is cooked, add all of the rice to this mixture and stir to coat every grain.
6. Stir in the coriander and keep on a low heat.
7. Make the guacamole: Slice open the avocados and scoop out the flesh into a small bowl. Mash with the back of a fork until smooth. Add the lime juice, salt and pepper and stir.
8. Wilt the kale: If you're using spinach skip this step. If you're using kale, place in a saucepan with a splash of water over medium heat, and put the lid on. Shake the pan every now and again until the kale is soft and wilted. Alternatively put the kale in a bowl with a splash of water and microwave for 1 minute.

### **Prepare the burritos!**

1. Preheat the oven to 180 degrees Celcius. If you've made the tofu crumbles your oven will already be at this temperature.
2. Spread a tablespoon of guacamole over the centre of a tortilla.
3. Spread a tablespoon of salsa over this.
4. Add a small handful of the kale or spinach.
5. Place a ladleful of the rice mix over this.
6. Add a tablespoon of the tofu crumbles.
7. Wrap the burrito by pinching the smaller ends in over the filling and rolling, making sure to keep the filling tucked in.
8. Place the burrito on a baking dish/tray. Repeat with all of the wraps and once the tray is full, bake in the oven for 15 minutes until the wraps looks golden and crispy.
9. They are finally ready to eat!