

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

- 1 tsp vegetable oil
- ½ onion, peeled and finely chopped
- 175g beef mince
- 1 garlic clove, crushed
- ¼ tsp chilli powder
- ½ tsp Worcestershire sauce
- ½ tsp tabasco sauce
- ¼ tsp cayenne pepper
- 1 tbsp fresh coriander, chopped

To serve

- 2 Flour Tortillas, warmed
- Shredded Lettice
- 100g rice
- 75g grated cheddar
- 100ml soured cream or yoghurt
- 1 - 2 tbsp guacamole
- 1 – 2 tbsp tomato salsa

Equipment

- Brown Chopping board
- Scrap bowl, paring knife
- Frying pan, Small plate
- Tablespoon, Teaspoon, Fork
- slotted spatula/ fish slice, garlic crusher
- Saucepan, wooden spoon, Colander
- Cheese greater



Beef Burritos



Ingredients

- 1 tsp vegetable oil
- ½ onion, peeled and finely chopped
- 175g beef mince
- 1 garlic clove, crushed
- ¼ tsp chilli powder
- ½ tsp Worcestershire sauce
- ½ tsb tabasco sauce
- ¼ tsp cayenne pepper
- 1 tbsp fresh coriander, chopped

To serve

- 2 Flour Tortillas, warmed
- Shredded Lettuce
- 100g cooked rice
- 75g grated cheddar
- 100ml soured cream or yoghurt
- 1 - 2 tsb guacamole
- 1 – 2 tsb tomato salsa

Method

- Preheat oven 200C
 - Prepare and boil rice following pack instructions
 - Prepare onion, garlic and coriander
1. Place oil into frying pan and add beef mince, cook until browned.
 2. Add the onion and garlic and fry for a few more minutes.
 3. Add chilli, cayenne pepper, Worcestershire sauce and Tabasco sauce, cook for another minute, then remove from the heat.
 4. Heat tortillas in a warmed oven or microwave following pack instructions
 5. To assemble the burrito, in the middle of the warmed tortillas place a layer of cooked rice in each, then divide the meat between two tortillas.
 6. Top with salsa, lettuce, grated cheese, soured cream and a spoonful of guacamole.
 7. Roll up Burrito and serve

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

- 1 tsp vegetable oil
- ½ onion, peeled and finely chopped
- 100g Mexican-style bean mix or mixed beans
- 50g sweetcorn
- 1 garlic clove, crushed
- ½ tsp chilli powder
- ¼ tsp cayenne pepper
- 1 tbsp fresh coriander, chopped
- ½ Lime, juice

To serve

- 2 Flour Tortillas, warmed
- Shredded Lettice
- 100g cooked rice
- 75g grated cheddar
- 100ml soured cream or yoghurt
- 1 - 2 tbsp guacamole
- 1 – 2 tbsp tomato salsa

Equipment

- Brown Chopping board
- Scrap bowl, paring knife
- Frying pan, Small plate
- Tablespoon, Teaspoon, Fork
- slotted spatula/ fish slice, garlic crusher
- Saucepan, wooden spoon, Colander
- Cheese greater, juicer, tin opener



Bean and Rice Burrito



Ingredients

- 1 tsp vegetable oil
- ½ onion, peeled and finely chopped
- 100g Mexican-style bean mix or mixed beans
- 50g sweetcorn
- 1 garlic clove, crushed
- ½ tsp chilli powder
- ¼ tsp cayenne pepper
- 1 tbsp fresh coriander, chopped
- ½ Lime, juice

To serve

- 2 Flour Tortillas, warmed
- Shredded Lettuce
- 100g cooked rice
- 75g grated cheddar
- 100ml soured cream or yoghurt
- 1 - 2 tbsp guacamole
- 1 - 2 tbsp tomato salsa

Method

- **Preheat oven 200C**
 - Prepare and boil rice following pack instructions
 - Prepare onion, garlic and coriander
1. Place oil into frying pan and cook onions for 2 minutes.
 2. Add beans, sweetcorn, garlic and fry for a few more minutes.
 3. Add chilli, cayenne pepper and lime juice, cook for another minute, then remove from the heat.
 4. Heat tortillas in a warmed oven or microwave following pack instructions
 5. To assemble the burrito, in the middle of the warmed tortillas place a layer of cooked rice in each, then divide the bean mixture between two tortillas.
 6. Top with salsa, lettuce, grated cheese, soured cream/ yoghurt and a spoonful of guacamole.
 7. Roll up Burrito and serve

Ingredients for the tomato salsa

- 2 medium ripe [tomatoes](#), chopped
- ½ [onion](#), peeled and finely chopped
- small handful [fresh coriander](#), chopped

To make the tomato salsa, mix the tomatoes, onion and coriander in a bowl. Set aside.