

Vegetable Fajita



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4-6 portions

INGREDIENTS

Tomato Sauce

60g Onions

10g Garlic

15ml Oil

½ tsp Mixed Herbs

10g Tomato Paste

360g Chopped

Tomatoes

10g Honey or Sugar

60ml Cold Water

200g Mixed Peppers

250g Red Onions

15ml Rapeseed Oil

600g Red Kidney

Beans

20g Mexican Chipotle

Spice

12 Small Wraps or 6

Large Wraps

120g Grated Cheese

METHOD

Tomato Sauce

Peel and dice the onions.

Peel and finely chop the garlic.

In a pan heat the oil and cook the diced onions and garlic on a medium heat until soft.

Add the mixed herbs and tomato paste and cook gently for a few more minutes.

Add the chopped tomatoes, honey/sugar, and cold water then bring to the boil and simmer for 15 minutes.

Deseed and slice the peppers into strips.

Peel and thinly slice the onions.

Heat the oil in a pan and add the peppers and onions.

Fry for about 5 minutes until soft.

Add the kidney beans, tomato sauce and chipotle spice to the onions and peppers and cook for a further 5 – 10 minutes.

Place a portion of the fajita bean mix onto the centre of each tortilla and top with the cheese.

Fold in the ends of the tortilla and roll up tightly to ensure the filling doesn't fall out, and place in a suitable baking dish.

Cover with foil and cook in the oven at 170°C for 5 – 10 minutes.