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Pork & Bean Burritos with Mild Mexican Yoghurt

Pork is seriously good in burritos – it’s rich and has plenty of flavour, and is just great with spice. We’ve infused yoghurt here with mild Mexican spice seasoning. The result? Dangerously good if we do say so ourselves.

 **Prep:** 10 mins
 **Cook:** 10 mins
 **Total:** 20 mins

 **level 1**
 **helping hands**

Pantry Items



Olive Oil



Brown Onion



Pork Strips



Garlic



Mild Mexican
Spice Mix



Red Kidney
Beans



Greek Yoghurt



Flour Tortillas



Tomatoes



Baby Spinach
Leaves

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QTY	Ingredients
1 tbs	olive oil *
½	brown onion, finely sliced
1 packet	pork strips
2 cloves	garlic, peeled & crushed
1 sachet	mild Mexican spice mix
1 tin	red kidney beans, drained & rinsed
1 tub	Greek yoghurt
1 packet	flour tortillas
2	tomatoes, diced
½ bag	baby spinach leaves, washed

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2020	Kj
Protein	43.3	g
Fat, total	13.7	g
-saturated	3.2	g
Carbohydrate	40.6	g
-sugars	6.7	g
Sodium	746	mg



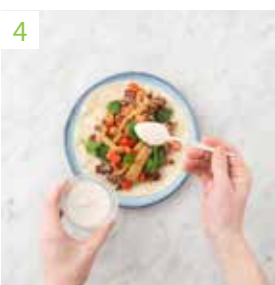
You will need: *chef's knife, chopping board, garlic crusher, sieve, medium frying pan, wooden spoon, fork or potato masher, small bowl and sandwich press or microwave.*



1 Heat the **olive oil** in a medium frying pan over a medium-high heat. Cook the **brown onion** or **4-5 minutes**, or until softened. Add the **pork strips**, **garlic** and $\frac{3}{4}$ of the sachet of **mild Mexican spice mix** and cook for a further **5-6 minutes**, or until the pork is cooked through. Stir through the **red kidney beans** for **2 minutes**, or until heated through. Season to taste with **salt** and **pepper**. Remove from the heat. Mash the beans with a fork or potato masher. This will give the beans a nice chunky texture.



2 Meanwhile, combine the **Greek yoghurt** and a pinch of the mild Mexican spice mix in a small bowl. Season to taste with salt and pepper. Taste and add extra spice if needed. Set aside.



3 Heat the **flour tortillas** in a sandwich press or microwave for **10-15 seconds**, or until heated through.

4 To serve, divide the bean and pork mixture between the tortillas. Top with diced **tomato**, **baby spinach leaves** and a drizzle of Mexican spiced yoghurt. Wrap up the tortillas and dig in!

Did you know? The average Mexican consumes approximately 60 kg of tortillas each year!