



Tex-Mex Black Bean Wraps

with Cheese & Smokey Aioli

Grab your Meal Kit
with this symbol



Capsicum



Black Beans



Tex-Mex
Spice Blend



Tomato Paste



Tomato



Smokey Aioli



Classic Wraps



Shredded Cheddar
Cheese



Baby Spinach
Leaves

Hands-on: **10 mins**
Ready in: **15 mins**

Lunch in less than 15 minutes? We've got you covered with these tasty wraps filled with black beans and veggies coated in our Tex-Mex spice blend, plus oozy melted cheese and smokey aioli. Perfect to prep and take anywhere, or to be made on the spot of an instant meal!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
capsicum	1
black beans	1 tin
Tex-Mex spice blend	1 sachet
water*	¼ cup
tomato paste	1 packet
tomato	1
white wine vinegar*	drizzle
smokey aioli	1 packet
classic wraps	4
shredded Cheddar cheese	1 large packet
baby spinach leaves	1 bag (30g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5445kJ (1301Cal)	782kJ (187Cal)
Protein (g)	46.8g	6.7g
Fat, total (g)	57.3g	8.2g
- saturated (g)	16.4g	2.4g
Carbohydrate (g)	135.7g	19.5g
- sugars (g)	17.3g	19.5g
Sodium (mg)	2318mg	333mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Make the bean filling

Roughly chop the **capsicum**. Rinse and drain the **black beans**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **capsicum** until softened, **4-5 minutes**. Add the **black beans**, **Tex-Mex spice blend**, the **water** and **tomato paste** and cook until softened, **2-3 minutes**. Season with **salt** and **pepper**. Remove from the heat and set aside.

3



Pack it up

When you're ready to pack lunch, spread some **smokey aioli** over the **classic wraps** (see ingredients). Top with the **shredded Cheddar cheese**, **baby spinach** and **Tex-Mex bean filling**. Spoon the **tomato mixture** over the **filling**. Tuck in the ends and roll into burritos. Wrap in foil or plastic wrap and refrigerate.

2



Make the salsa

While the filling is cooking, finely chop the **tomato**. In a small bowl, combine the **tomato** and a drizzle of **white wine vinegar**. Season to taste.

4



Serve up

At lunchtime, remove the wrapping and reheat in a sandwich press for **1 minute** or in **30 second** bursts in the microwave until heated to your liking.

TIP: No need to heat your wrap if you prefer it cold!

Enjoy!