

Veggie burritos

Eat Better

Serves 4 Easy

Prep: 35 mins

Cook: 30 mins - 25 mins



Try our vegetarian burritos filled with mushrooms, beans and corn, complemented by creamy avocado and subtle spice. Enjoy with a tomato salsa on the side

[Read more](#)

Egg-free Nut-free Vegetarian

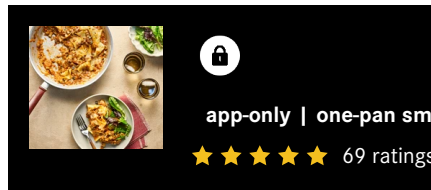
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Alternatives

Complete the dish



Burrito bowl with chipo
★★★★★ 82 ratings



Chilli con carne
★★★★★ 2838 ratings



Ingredients

1 small
red onion
finely chopped

250g
tomatoes
cut into 1cm cubes

2 tbsp
balsamic vinegar

20g
parsley
finely chopped

2 tbsp
olive oil

2
avocados
stoned, peeled and sliced

1
lime
juiced

1
onion
finely chopped

1
carrot
grated

200g
mushrooms
roughly chopped

4 tbsp tomato purée

½ tsp
chilli powder
(hot or mild, depending on how spicy you like it)

½ tsp
ground cumin

1 tsp
paprika

400g can
kidney beans
drained and rinsed

195g can
sweetcorn
drained

pinch of cayenne pepper

8
tortillas

100g
cooked rice

200g
lettuce
shredded

8 tsp
soured cream

Method

Step 1

To make the salsa, combine the red onions, tomatoes, vinegar, half the parsley and half the oil, then season to taste. Toss the avocado slices with a splash of the lime juice, and set aside.

Step 2

Heat the remaining oil in a non-stick pan over a medium-high heat and cook the onions for 5 mins, then stir in the grated carrot and mushrooms, and cook for 3-5 mins more until lightly browned. Mix in the tomato purée and spices, and cook for 3-5 mins until the purée turns dark red. Pour in 200ml water, the kidney beans, corn and remaining parsley. Cook for 5-6 mins until the mixture has reduced, thickened and is heated through. Season with the cayenne pepper and salt and pepper to taste.

Step 3

Warm the tortillas following pack instructions and reheat the rice until piping hot. Assemble the burritos by topping the tortillas with the lettuce, vegetable filling and rice. Dot over the avocado slices and soured cream, then fold in one side of the tortillas and roll up. Serve warm, with the salsa on the side.

