



Tortillas with a red bean filling

15'

Hands on

10'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

- 1 tablespoon olive oil
- 1 onion
- 2 cloves of garlic
- 1 teaspoon ground cumin
- 1 teaspoon chili flakes
- 1 tablespoon smoked paprika
- 400 g red beans, canned
- 200 g chopped tomatoes, canned
- 100 g cheddar cheese light, grated
- ½ bunch coriander
- 5-6 mint leaves
- 8 flour tortillas

Method

- Place a [pan](#) over medium to high heat. Add the olive oil.
- Thinly slice the onions, mince the garlic and add them to the pan. Sauté for 2-3 minutes.
- Add the cumin, chili flakes and paprika. Mix.
- Add the red beans and tomatoes. Cook until all of the moisture has been absorbed.
- Add the cheese and finely chopped coriander and mint.
- Remove from the heat and set aside.
- Grill the tortillas on a grill pan.
- Place the tortillas on a cutting board. Add ¼ of the filling on 4 tortillas and cover with the remaining 4 tortillas.
- Cut into triangular pieces like a pizza and [serve](#).

Διατροφικός πίνακας

Nutrition information per portion

437 Calories (kcal)	14.0 Total Fat (g)	5.7 Saturated Fat (g)	50.0 Total Carbs (g)
22%	20%	29%	19%
6.9 Sugars (g)	20.0 Protein (g)	12.0 Fibre (g)	1.4 Sodium (g)
8%	40%	48%	23%