

OUR RECIPE

BBQ Vegetable and Bean Wrap (serves a family of 4-5)

INGREDIENTS

For the BBQ sauce:

Onion 57 gr or 2 oz

Garlic 1 clove

Oil ½ tbsp

Tomato puree 28 gr or 1 oz

Chopped tomatoes 227 gr or 8 oz

Vegetable stock 140 ml or 5 floz

Mixed Herbs 1 tsp

Golden Syrup 85 gr or 3 oz

Wrap filling:

Vegetables 227 gr or 8 oz

(peppers, carrots, sweetcorn, peas, onion)

Five bean mix 340 gr or 12 oz

Grated Cheddar Cheese 283gr or 10 oz

White or Wholemeal wraps



METHOD

BBQ Sauce

1. Fry the onion and garlic until soft.
2. Add the tomato puree and cook for a couple of minutes.
3. Add the drained chopped tomatoes, stock (add liquid a little at a time) and herbs.
4. Add the golden syrup.
5. Bring to the boil and simmer for 10 minutes.
6. Check consistency at all stages to ensure not too thin/runny.

Wrap Filling

7. Gently cook the vegetables until soft, add the five beans and BBQ sauce and mix.
8. Check consistency and add more stock if required.
9. Cook mixture until hot enough to eat.
10. Fill wraps and warm in the oven for 10 minutes or until golden.
11. Sprinkle with cheese either before or after warming in oven, your preference!