

OUR RECIPE

VEGGIE
RECIPE

BBQ Vegetable & Bean Wrap

Serves 4-5

INGREDIENTS

For the BBQ sauce:

- 60g onion
- 1 clove garlic
- ½ tbsp oil
- 30g tomato puree
- 230g chopped tomatoes
- 140 ml vegetable stock
- 1 tsp mixed herbs
- 85g golden syrup

Wrap filling:

- 230g vegetables
- 340g five bean mix
- 280g grated cheddar cheese
- White or wholemeal tortilla wraps



Use peppers, carrots, sweetcorn, peas and onion for the vegetable filling.

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.

Wrap Filling

1. Gently cook the vegetables until soft, add the five beans and BBQ sauce and mix.
2. Check consistency and add more stock if required.
3. Cook mixture until hot enough to eat.
4. Fill wraps and warm in the oven for 10 minutes or until golden.

Serving Suggestion - sprinkle with cheese either before or after warming in oven.