

RECIPE

Vegan Burritos



Ready in **30 minutes**

Serves **4 people**

Preparation

1. To make the beans, heat the oil in a pan and fry the garlic for a minute, then stir in the chipotle paste. Tip in the tomatoes, stir and bring to a simmer. Season with salt. Simmer until thick, add the beans and cook briefly (make sure any water gets cooked off), then stir in the coriander.
2. If you are using cold cooked rice, then warm it through, stir in the lime juice, red onion and nuts and season well.

Ingredients

- 4 large or 8 small tortillas
- 2 large handfuls spinach, shredded
- 1 avocado, thinly sliced (optional)
- Hot sauce to serve

For the chipotle black beans:

- 1 tbsp oil
- 1 garlic clove, crushed
- 1 tbsp chipotle
- 1 16oz can of chopped tomatoes
- 1 16oz can of black beans, drained
- 1 bunch cilantro

For the lime and red onion rice:

- 1 cup of rice, cooked
- 1 lime, juiced
- ½ red onion, diced
- ⅓ cup of hazelnuts, chopped (optional)

3. Lay out the tortillas and sprinkle over some spinach, add some avocado slices and some rice, then top with the bean mix. Add a shake of hot sauce, if you like. Roll the bottom up, then fold the sides in to stop the filling falling out as you roll. Wrap tightly in foil, if you like, and cut in half.

Tips

The chipotle paste and garlic clove can be subbed for powdered seasonings. Can make the rice with lime and cilantro to reduce the number of ingredients.

BEEF and Broccoli

INGREDIENTS

FOR THE MARINADE

2/3 c. low-sodium soy sauce, divided

Juice of 1/2 lime

3 tbsp. packed brown sugar, divided

2 tbsp. cornstarch, divided

Kosher salt

Freshly ground black pepper

1 lb. sirloin steak, sliced thinly against grain

2 tbsp. vegetable oil

3 cloves garlic, minced

1/3 c. low-sodium beef (or chicken) broth

2 tsp. Sriracha (optional)

1 head broccoli, cut into florets

Sesame seeds, for garnish



Preparation

1. In a medium bowl, whisk 1/3 cup soy sauce, lime juice, 1 tablespoon brown sugar, and 1 tablespoon cornstarch until combined. Add steak, season with salt and pepper, and toss until steak is coated. Marinate 20 minutes.
2. In a large skillet over medium-high heat, heat oil. Add steak in a single layer, working in batches if needed, and cook until seared, about 2 minutes per side. Remove steak and set aside.
3. Stir in garlic and cook until fragrant, about 1 minute. Stir in remaining 1 tablespoon cornstarch until garlic is coated, then stir in broth, remaining 2 tablespoons brown sugar, remaining 1/3 cup soy sauce, and Sriracha. Bring mixture to a simmer. Add broccoli and simmer until tender, about 5 minutes. Season sauce with salt and pepper (if necessary), then return steak to skillet.
4. Garnish with sesame seeds and green onions before serving.

PASTA SAUCE

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium onion finely diced
- 3-5 cloves garlic minced or put through a garlic press
- 2 teaspoons dried basil
- pinch red pepper flakes about 1/4 teaspoon
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon granulated sugar
- 1 pat butter, about 2 teaspoons
- 1 28 ounce can crushed tomatoes
- 1/4 cup water



Preparation

1. Heat the olive oil over high heat until it shimmers. Saute the onions, stirring frequently, until they soften and shine, about three minutes. The onions should sizzle and hiss as they cook. Add the garlic. Stir to combine. This prevents the garlic from burning. Cook an additional two minutes. Add the basil, red pepper flakes, salt, and sugar. Stir to combine. Add the butter. Stir, cook for about a minute.
2. Add 1/2 can of the crushed tomatoes. Scrape the bottom of the pan to remove any stuck on bits. Reduce heat to low. Add remaining tomatoes. Stir in 1/4 cup water. If the sauce seems too thick, add additional water.
3. Allow sauce to simmer for 10 minutes to up to one hour. If simmering for a longer, stir the sauce occasionally and add additional water as needed to keep the sauce at the correct consistency.