



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early May 2021

Breakfast burrito

This is a messy one, but will definitely get your weekend off to a good start! It's packed with protein, carbohydrates and vegetables and endlessly adaptable. Add some sliced chilli to make it spicy and feel free to use other vegetables here too- sweetcorn is really good. I'm using cooked rice here as it's a great way to use up leftovers. Do make sure you cool leftover rice quickly after first cooking, keep in the fridge and use within a day or two. When reheating make sure the rice is piping hot. You can of course make rice specially for this recipe - or for a lighter meal leave it out.



Ingredients - for 2

1 small mug cooked rice
100g cooked kidney beans (tinned is fine)
½ tsp ground coriander
3 eggs
1 tomato
½ a red or yellow pepper
2 tbsp tomato salsa
1 tbsp jalapeno peppers (optional)
2 large tortilla wraps.
Small handful fresh coriander (optional)
Grated cheese (optional)
Olive oil, salt and pepper

To serve add extra salsa, a wedge of lime, sour cream or chilli sauce

You will need a bowl, a chopping board and knife, a large frying pan and a small pot.

Method

1. Dice the tomato and pepper and roughly chop the fresh coriander (if using),
2. Mix the cooked rice with the kidney beans and ground coriander in a small bowl. Microwave until piping hot (2-3 minutes)
3. Heat a little oil or butter in the small pan. Briefly whisk the eggs with a little salt and pepper and then scramble the eggs in the pan. When cooked to your liking, take off the heat.
4. Lay out your tortilla wraps and divide the rice and beans mix between them, making a little mound in the middle of your wrap.
5. Top with the scrambled egg, some salsa, the chopped tomato and pepper, plus fresh coriander, jalapenos and a little grated cheese if using.
6. Tuck in the ends and roll your burrito gently to make a fat sausage shape.
7. Heat a drizzle of oil in the frying pan on a medium-low heat. Carefully transfer the burritos to the pan, cook for around 2 minutes and then turn over and cook for a further minute or two until lightly golden on both sides.
8. Using a serrated knife cut in half and serve with any extra condiments and salad you like- plus a napkin!