



AVOCADO & BLACK BEAN BURRITO

The perfect dish for those on-the-go, or for those who want a quick and easy meal.



EASY



25



2

Ingredients

- 1/2 cup medium grain rice
- 1 tbsp oil
- 1 bay leaf
- 1 tbsp tomato paste
- 400g black beans
- 1/2 lemon (juiced)
- 1/4 cup avocado
- 2 large tortillas

Instructions

1. To make the Mexican rice add 1/2 cup medium grain rice along with 1 tbsp oil into a pot on medium heat.
2. Stir in 1 bay leaf, 1tbsp tomato paste, 1/2 tsp salt. Add 1 cup of water and stir to mix. Cook according to rice packet instructions.
3. In a bowl, combine the black beans, avocado, lemon juice, and season.
4. Once combined, spread the mixture across the tortilla, add the Mexican rice, and roll into a burrito.