

Mini Mexican Toasties



Easily made
Gluten
Free

Serves 4

61p per
serving*

You'll need:

2 flour tortillas
1 can of kidney beans (*drained*)
1 small red onion
1 tablespoon of tomato puree
2 Tablespoons of sweetcorn
1 Teaspoon of Cajun spice
1/2 teaspoon dried coriander
Squeeze of lime juice (optional)
A little spray of oil



How to do it:

Peel and finely dice your red onion and pop into a small non-stick pan with your kidney beans. Gently cook on a medium heat for about 10 minutes until your onion pieces and beans have softened.

Use a fork to roughly mash your beans a little before then mixing in your tomato puree, a good pinch of coriander, Cajun spice, sweetcorn and lime juice. Remove from the heat ready to fill your wraps.

Lay out your tortilla wraps on the worktop and spread your toastie filling on one half of each wrap before folding over to create a semi-circular sandwich.

Lightly spray each side of your tortilla sandwiches with oil and lightly sprinkle with dried coriander before popping into a frying pan on a medium to high heat to toast for a few minutes on each side.

Slice each toasted wrap into 2-3 triangles before serving to make them easier to handle.