

Mexican Beef Burrito with Quinoa and Ricotta Cheese



Serves 6 (Size: 330g)

Energy: 1282Kj (320Kcal), protein: 17g, total fat: 13, saturated fat: 3g carbohydrate: 27g, dietary fibre: 6, Sodium: 67mg per 100g

Ingredients

- Olive oil lite x 2 tablespoon
- Brown Onion x 1 small or 85g
- Garlic x 3 cloves or 15g
- Zucchini x 1 small or 50g
- Carrot x 1 medium or 100g
- Celery stalk x 1 small or 50g
- Beef mince lean x 200g
- Crushed tomato low sodium x 1 tins or 400g
- Dried Thyme x 3 teaspoon
- Ground Black pepper x 2 teaspoon
- Tomato paste x 2 – 3 tablespoon or 65g

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- Parsley x 2 good handful
- Water x 1 cup
- Black pepper x 2 teaspoon
- Fresh tomato x 50g
- Marmite yeast extract x 2 teaspoons
- Cooked Quinoa x 200g
- Gluten-free corn tortilla
- Ricotta cheese (low fat) x 300g

Method

This is a simple recipe that is made up of different components: 1) the filling that consists of a quinoa base, 2) the meat filling, 3) diced raw tomato, 4) the tortilla wrap and, 5) the chunky tomato layer on top (can be done in chunky style or puree). The ricotta cheese can be added before or after baking; either way, the cheese will be a fabulous looking garnish.

To prepare the vegetables:

1. Finely dice the onion and garlic and set aside
2. Shred the zucchini and squeeze excess moisture out
3. Half of the carrot, you will need to shred and squeeze excess moisture out, and with the other half you will need to finely chop. Set both aside
4. Finely dice the celery and set aside
5. With raw tomato, you will need to dice finely; this will be used a filling layer in the burrito

Beef and Tomato Filling

6. On medium heat add 1 tablespoon of olive oil
7. Saute only half of the onion and garlic until translucent
8. Add the shredded zucchini and carrots and saute for a further 5 minutes
9. Add the minced beef a little at a time being careful not to have big clumps
10. Add in half of the dried thyme and stir in well
11. Add half of the tin crushed tomato, half cup of water, half of the tomato paste and 2 teaspoons of marmite.
12. Simmer until most of the moisture is gone being careful not to make the mixture too dry
13. Add 1 teaspoon of ground black pepper
14. The beef mixture will take between 30 to 45 minutes to cook; once done set aside and add in 1 good handful of the chopped parsley and set aside to cool

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Chunky Tomato Topping Sauce

15. On medium heat add the remaining 1 tablespoon of olive oil
16. Saute the remaining half of the onion and garlic until translucent
17. Add in the diced carrots, celery and saute for a further 5 minutes
18. Add the other half of the tin crushed tomato, half cup of water, half of the tomato paste
19. And gently simmer for around 10 minutes or until the carrots and celery is soft; once done set aside
20. At this stage, you can either leave the tomato chunky or puree
21. Add 1 teaspoon of black pepper and handful of the chopped parsley and let cool
 - a. Quinoa
22. Pre-wash the quinoa with water and gently rubbing the seeds together to remove the bitter saponins and strain.
23. The best method is to get a medium-size pot, and half fill with water bring to a gentle boil
24. Add in the pre-washed quinoa and cook for approximately 15 minutes; you can tell when the quinoa is cooked because it transforms from the seed to an uncurled and fluffs up
25. Once done, strain the quinoa and rinse under cold water and let sit for around 15 minutes to get rid of excess water

Now the Fun Part

26. Turn on and preheat the oven to 165c/329f and while the oven is heating, build the burrito
27. Using a large baking dish
28. Layout the gluten-free tortillas and add 1-2 tablespoonful of the quinoa in the middle of the tortilla
29. For the next layer add a 1-2 spoonful of the beef mixture
30. Next layer, add a spoonful of the finely diced raw tomato
31. Carefully fold tortilla like a roll being careful and making sure not too much of the mixture falls out and place it into the baking dish
32. Repeat the rolling process
33. Once all of the tortillas are done
34. Layer the chunky tomato topping sauce or puree sauce on top of the tortillas
35. Add crumb ricotta either before or after baking
36. Bake for around 20 minutes or until browned
 - a. Garnish with parsley and serve

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