

Mexican Beef Burrito with Quinoa and Ricotta Cheese (low FODMAP)



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 (garlic infused) x 2 tablespoon. (chop 3 cloves of garlic and add to olive oil. Use only the oil in the recipe)
- ¼ teaspoon asafoetida
- Zucchini x 1 small or 50g
- Carrot x 1 medium or 100g
- Beef mince lean x 200g
- Crushed tomato low sodium x 1 tins or 400g
- Dried Thyme x 3 teaspoon

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- Ground Black pepper x 2 teaspoon
- Tomato paste x 2 – 3 tablespoon or 65g
- 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. Shred the zucchini and squeeze excess moisture out
2. Shred half of the carrots and squeeze excess moisture out.
3. Finely chop the other half of the carrots. Set both aside
4. Finely dice the raw tomato. This will be used as a filling layer in the burrito

Beef and Tomato Filling

5. On medium heat add 1 tablespoon of garlic infused olive oil
6. Add the shredded zucchini and carrots and saute for 5 minutes
7. Add the minced beef a little at a time being careful not to have big clumps
8. Add in half of the dried thyme and stir in well
9. Add half of the tin crushed tomato, half cup of water, half of the tomato paste and 2 teaspoons of marmite.
10. Simmer until most of the moisture is gone being careful not to make the mixture too dry
11. Add 1 teaspoon of ground black pepper and asafoetida
12. 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

13. On medium heat add the remaining 1 tablespoon of garlic infused olive oil
14. Add in the diced carrots, celery and saute for 5 minutes
15. Add the other half of the tin crushed tomato, half cup of water, half of the tomato paste
16. And gently simmer for around 10 minutes or until the carrots are soft; once done set aside
17. At this stage, you can either leave the tomato chunky or puree
18. Add 1 teaspoon of black pepper and handful of the chopped parsley and let cool

Quinoa

19. Pre-wash the quinoa with water, gently rubbing the seeds together to remove the bitter saponins and strain.
20. The best method is to get a medium-size pot, and half fill with water and bring to a gentle boil
21. 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 and uncurls and fluffs up
22. 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

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

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