

# Toasted black bean & vegetable tortilla with avocado salsa



Lunch & Light Meals

Serves 1

Prep 10Min

Cook 10 Min

- Tomato, 1 medium, whole, diced
- Avocado, 2 tbsp(s), diced
- Cilantro, fresh, 1 tbsp(s), shredded
- Lime, ¼ lime(s), juiced
- Black pepper, 1 dash(es)
- Extra virgin olive oil, 1 tsp(s)
- Black beans, canned, ½ cup(s), drained and rinsed
- Paprika, ½ tsp(s)
- Garlic powder, ¼ tsp(s)
- Cumin, ground, ½ tsp(s)
- Cayenne pepper, 1 pinch(es)
- Whole-wheat tortilla, 1 tortilla(s)
- Baby spinach, 1 handful(s)
- Red bell pepper, cooked, ½ pepper(s), cut into strips

## Method

To make the salsa, combine the tomato, avocado, cilantro, lime juice and black pepper in a bowl. Stir well.

Over a medium heat, add olive oil. Add the beans, paprika, garlic powder, cumin and cayenne to the pan and stir to combine. Cook for 5 to 6 minutes, stirring constantly so it doesn't burn.

Once soft and fragrant, roughly mash the bean mix with a fork to get a chunky texture. Spread the bean mix over the tortilla, then top with spinach and red bell pepper and fold.

Serve with the salsa to spoon over your wrap.

**Nutrition facts per serve**

Makes 1 serves