

Kidney bean wraps – with avocado purée and vegetable strips



Fibre is a vital, health-promoting part of our food and is particularly important for the health of the intestine. One portion of this simple and easy-to-prepare dish provides half of the recommended daily intake of fibre.

Ingredients for 2 persons:

Wraps:

- 2 wraps (or alternatively pancakes)
- 250 g kidney beans, cooked, drained (from a tin, or soaked and cooked at home)
- 1 tsp tahini (sesame paste)
- 2 pinches of ground cumin
- Chilli peppers to taste
- 1 clove of garlic
- 80 ml olive oil
- Salt



Avocado purée (Guacamole):

1 avocado

1 lime

1 tomato

Chilli peppers

Olive oil

Salt

Fresh vegetables:

50 g red pepper

50 g sugar snap peas

50 g carrots

50 g baby sweetcorn (mini corn on the cob)

50 g courgette

Parsley, chives

Salt, pepper

Tip: Replace chilli peppers with chilli threads to make the dish less spicy but still retain all the flavours.

Preparation (c. 30 mins):

Drain the kidney beans.

Wash and clean the vegetables, and cut into strips.

Use a small mixer to roughly chop and blend the kidney beans. Add the tahini, chilli, salt, olive oil and cumin and mix briefly, then season to taste.

Place the bean mix in the wraps and fold over to enclose the mixture. Place on a baking tray lined with baking paper and bake for c. 15 minutes in a pre-heated oven at 100° C.

Fry all of the chopped vegetables together in a pan with olive oil for c. 5 mins. The vegetables should still be a little crunchy. Season with salt and pepper. Finally mix in the chopped herbs.

Peel the avocado, mash with a fork in a bowl and mix straight away with the lime juice as this slows the browning of the avocado and the purée retains its fresh colour. Alternatively, purée the avocado in a vegetable mill. Core the tomatoes, slice into small pieces and add to the avocado. Season the purée to taste with olive oil, salt and finely chopped chilli pepper.



Almost ready...serving suggestion: place a bed of vegetables on a pre-warmed plate, halve the wraps and lay on top of the vegetables. Then add a serving of the avocado puree.

Enjoy trying out this dish. Bon appetit!