



# Jerk Beef Burritos



## Top Tips

- The beef marinated in jerk and the onion in lime juice marinate can be made the day before and stored in the fridge...this soaks in the flavours and makes for a richer taste!
- If adding rice, wash thoroughly until the water becomes clear to remove all the starch. This

**Serves:** A Couple or Family of four- 2 adults and 2 kids

**Total cost of dish:**£5

### ALLERGENS

Recipes contain protein (beef) Flour No nuts are used in the ingredients

## Ingredients

### Beef (Jerk or No jerk)

- 2 tsp jerk seasoning (£1.10) for powder or (£3.10) for paste
- 1/2 red onion, thinly sliced (£0.10)
- 1 red pepper, deseeded and thinly sliced (£0.25)
- 1/2 tsp ground allspice (£0.10)
- 1 tsp smoked paprika (£0.08)
- 1 tsp cumin seeds (£0.08)
- 2 sirloin steaks (approximately 200g/7oz each), fat removed, cut into bite-sized pieces or strips (£7.38) portioned £1.34 OR minced beef 500g (£4) portioned
- £1 1/2 tbsp olive oil (£0.05)

### Lime yoghurt

- 100ml fat-free yoghurt (£0.22)
- 1 lime, juice only (£0.04)

### Beans

- 1 tsp olive oil (£0.05)
- 2 garlic cloves, peeled and sliced (£0.08)
- 2 tsp cumin seeds (£0.08)
- 1 x 400g tin black beans, partially drained (£0.50)
- Rice 1 x 250g basmati rice (£0.65)

### Salsa

- 2 ripe tomatoes, seeds removed and finely chopped (£0.35)
- 1/4-1/2 red onion (depending on size), finely chopped (£0.15)
- 1 red chilli, finely chopped (£0.25) (optional)
- 1 lime, zest and juice (£0.04)

## What to do

1. For the beef, mix all the beef ingredients together in a bowl and stir to evenly coat the steak in the oil and spices. Leave to marinate while you prepare the lime yoghurt. (This can be done in advance and left for up to a couple of hours.) For the lime yoghurt, mix the lime juice and yoghurt together until combined. Set aside until ready to use. If adding rice, wash the rice and boil and leave to simmer circa 20/30 until the water is reduced to leave the long grain and fluffy rice.
2. In a hot frying pan, cook the beef mixture with a pinch of salt over a high heat for 3-4 minutes, or until the beef is browned all over. Remove from the pan and rest on a plate while you cook the black beans.
3. For the beans, add the oil to the pan you cooked the steak in. Add the garlic and cumin seeds and cook over a medium heat for two minutes until aromatic. Add the black beans and stir to mix well. Crush them lightly with the back of a wooden spoon as you heat them through. Once hot, remove from the heat and set aside. Also if including rice, add it at this point too.
4. For the salsa, mix the salsa ingredients together in a small bowl.
5. To serve, spread some of the beans and/or rice over each tortilla and top with a little of the beef. Spoon over a little salsa, to taste, and drizzle a spoonful of lime yoghurt over. Add a scattering of lettuce, roll up and serve immediately.

Chef: Pasta Rasta

