

Mini Burritos

Season: Summer/Autumn

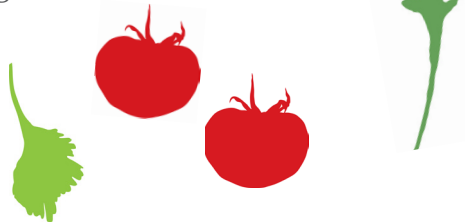
Makes: 30 tastes in the classroom
or 6 at home

Fresh from the garden: tomatoes, avocado, lettuce or rocket, coriander, lime; plus ingredients for refried beans, salsa and guacamole, if using

It is believed a burrito (meaning 'little donkey') was so named because a burrito can contain a variety of fillings, similar to the way a donkey can carry a large load. Burritos are the perfect hand-sized snack, rolled and wrapped around your favourite freshly harvested ingredients. Swap out the fillings to what you have available. To simplify, you could leave out the salsa or use sliced or mashed avocado instead of guacamole. Other filling options can be found in our Mexican recipe collection, or you could even just use roast veg!

Equipment:

metric measuring spoons and cups
chopping board
clean tea towel
cook's knife
grater
baking tray
large non-stick frying pan
tongs



Ingredients:

30 soft tortillas (see [soft taco shell](#) and [soft corn taco shell](#) recipes)
extra virgin olive oil or vegetable oil
2 cups refried beans (see [recipe](#)), warmed
2 cups spicy cherry tomato salsa (see [recipe](#)) or corn salsa (see [recipe](#))
6 tomatoes, chopped into small pieces
2 cups guacamole (see [recipe](#)), or sliced avocado
250 g sour cream or plain yoghurt
12 to 15 lettuce leaves or 2 handfuls rocket, shredded
2 handfuls coriander sprigs
120 g grated cheddar cheese
3 or 4 limes, cut into wedges

Instructions:

1. Warm oven to 150°C, with a tray inside it, large enough to hold all the tortillas.
2. Prepare all the ingredients based on the instructions in the ingredients list.
3. If you need to reheat the tortillas, use a frying pan or a microwave.
In a frying pan: In a large non-stick frying pan over medium heat, use about one teaspoon of the oil to heat a tortilla until it is heated through, softened and starts to puff. Use tongs to turn to fry the other side (about 30 seconds on each side). Fry the tortillas one at a time and transfer to the tray in the oven.
In the microwave: Stack 5 or 6 tortillas on a plate and warm for 45 seconds in the microwave. If needed, warm for another 30 seconds. Transfer to the tray in the oven.
4. Place the bowls and tortillas on the table and allow students to take a tortilla and add toppings, squeeze on some lime, then roll up into a burrito. If you have larger tortillas, cut the circles in half before rolling them up.