



Product Spotlight: Free-Range Eggs


Eggs have a heap of disease-fighting nutrients, good quality protein, and an array of vitamins and minerals. Both your brain development and memory may get a boost from the choline content as well!



L4 Refried Bean and Egg Burrito

Burritos filled with homemade refried beans, fried egg, corn kernels and slices of avocado, served with sour cream and coleslaw.

 30 minutes

 4 servings

 Vegetarian

29 April 2022

Speed it up!

To speed this dish up, you can skip making the refried beans. Either drain and rinse the beans and serve as is in the burrito, or add to a frypan to warm for 2-3 minutes.

Per serve: **PROTEIN** 41g **TOTAL FAT** 53g **CARBOHYDRATES** 99g

FROM YOUR BOX

CORN COBS	2
TINNED BEANS	2 x 400g
COLESLAW	1 bag (500g)
AVOCADOS	2
TOMATOES	2
SOUR CREAM	1 tub
WHOLEGRAIN TORTILLAS	8-pack
FREE-RANGE EGGS	6-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, dried oregano, white wine vinegar

KEY UTENSILS

2 frypans

NOTES

Toss coleslaw in sour cream instead of making a vinegar-based dressing if desired.

Warm tortillas according to packet instructions. Alternatively, set oven to 180°C, wrap tortillas in foil or baking paper and place in oven for 5 minutes to warm through.

Scan the QR code to see see our tips on how to perfect your egg cooking.

No gluten option - wholegrain tortillas are replaced with corn tortillas. Add tortillas to a frypan to warm. Use corn tortillas to make an open stack with the fillings.



1. COOK THE CORN

Heat a frypan over medium-high heat with **oil**. Remove corn kernels from the cobs and add to pan as you go. Cook for 3 minutes. Season with **salt and pepper**. Remove to a bowl and keep pan over the heat.



2. MAKE THE REFRIED BEANS

Add extra **oil** to pan along with **1 tbsp oregano** and **1 tbsp smoked paprika**. Pour beans (including liquid) into pan, stir to combine. Simmer for 4-6 minutes until thickened. Remove from heat and mash with a fork or potato masher. Season with **salt and pepper**.



3. TOSS THE COLESLAW

Meanwhile, in a large bowl combine (see notes) **2 tbsp olive oil**, **2 tbsp vinegar**, **salt and pepper**. Add coleslaw and toss until well coated.



4. PREPARE THE BURRITOS

Slice avocados and dice tomatoes. Set aside with sour cream.

Warm tortillas, optional (see notes).



5. FRY THE EGGS

Heat a second frypan over medium-high heat with **oil**. Crack in eggs and cook to your liking (see notes).



6. FINISH AND SERVE

Fill tortillas with refried beans, prepared fillings and fried egg. Wrap up and dollop over sour cream. Serve with coleslaw.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

