

Hearty Vegetarian Burritos

Ingredients

1 red capsicum

2 kumara

1 kamo kamo (or 4 courgettes)

6 ripe tomatoes

1 onion

2 cloves garlic

1 bunch kale

1 lime

1/2 bunch cilantro

wraps, tortillas, or soft pita bread

2 cans black beans (or dried and prepared)

1 can kidney beans (or dried and prepared)

2 cups short-grain rice

2-4 tbsp tomato paste

2 tsp cumin

4 tsp mild chili powder

1 tsp paprika

1 tsp coriander

1/4 tsp cayenne pepper

salt and pepper



*** Look for bold ingredients at the market.**

Instructions

1. Cook the rice. Chop the cilantro, zest the lime and squeeze it. Mix the cilantro, zest and juice with the rice.
2. While the rice cooks, chop onion and kale and finely dice the garlic. Grate the kumara and kamo kazo (or courgettes). Dice the capsicum and tomato.
3. Fry onion, kale and garlic until soft. Add spices, tomato paste and a couple of tablespoons of water.
4. Add the kumara, kamo kamo, capsicum and tomato, cover and cook at medium heat. Stir frequently and take off heat when vegetables have softened. Mix in the beans and add salt and pepper to taste. Serve mixture and rice with wraps, tortillas or soft pita bread to fill.

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