

Fajitas

Ingredients

2 tortilla wraps

Small can of mixed beans/100g vegan Quorn pieces/4 mushrooms

1/4 pepper

1/4 onion

4 tblsp chopped tomato

1 tsp chilli or fajita mix

Optional

25g grated vegan cheese

2 ds tsp guacamole

Method

1 Chop the vegetables into strips.

2 Either open the tin of beans, drain and rinse/chop up the mushrooms

3 Fry the onion & peppers in a dstsp of cooking oil until softened.

4 Add the mushrooms/tin of mixed beans and fry for a further 3—4 minutes.

5 Add the chopped tomato and seasoning and gently simmer until thick and hot.

6 Place each tortilla wrap in the microwave for 10 secs.

7 Assemble the fajitas.

8 Add optional extras if you have any

Eat in school if time or

Don't forget a container to take them home in.

