

A top-down view of various fresh ingredients and spices arranged on a white surface. At the top center is a piece of ginger root. To its left are green basil leaves and a small white bowl containing more basil. To the right is a slice of orange. Below the ginger are green chives. Scattered around are various spices, including red and yellow powders, and small seeds. Two silver spoons are visible, one containing red powder and the other yellow powder. A white cloth napkin is partially visible in the center.

NOTHING
BRINGS
PEOPLE
TOGETHER
LIKE
GOOD FOOD

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FAIR GAME

Healthy Bellies

FAIR GAME QUICK AND EASY BURRITOS

Ingredients

- 500g mince (beef, chicken or pork)
- 1x can of tomatoes
- 1x tin of kidney beans
- 1x onion
- 1x clove of garlic *(Not essential)*
- Burrito spice packet *(Not essential)*
- Wraps for burritos *(Even works on Bread!)*
- Cheese
- Tomatoes
- Lettuce
- (Any veggies that are available)*

Method

Dice onion and cook on medium high heat in a frying pan with some oil until soft and brown.

Add the mince and cook until brown (about 5 mins).

Add the can of tomatoes, the kidney beans and burrito spices. Let it simmer and stir occasionally making sure it doesn't stick to the pan (5-10 minutes).

Separately wash the veggies first.

Cut the tomato into slices and grate the cheese
Once the mince is cooked. Place some mince on the burrito/wrap, top with veggies and cheese. Then wrap it up.

