

Lunch 2

Wholesome vegetarian burrito:

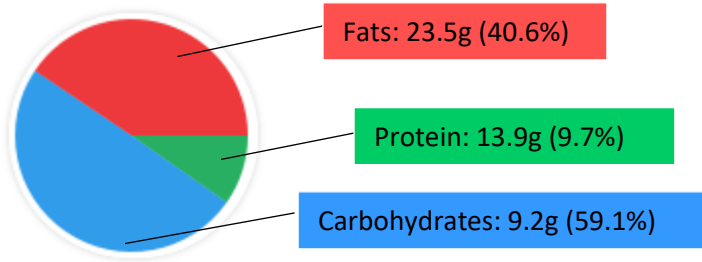
A wholemeal toasted burrito filled with lightly sautéed spinach, kale, capsicum, and tomatoes in olive oil and basil and a sprinkle of mild cheddar cheese.

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Ingredients

- 1x tortilla
- 2x cups chopped spinach
- 3x basil leaves
- ½ cup kale chopped
- ½ cup red capsicums chopped
- 3x cherry tomatoes
- 1x tablespoon olive oil
- 2x tablespoons grated cheddar cheese



See the directions for this recipe and the full nutrition panel on the following page.

Garden produce in this meal



Tomatoes



Spinach



Basil



Capsicum



Kale

Instructions

1. In a pan pour your olive oil and fresh veg then sauté with basil for 10-15mins.
2. Put sautéed vegetables inside the burrito.
3. Sprinkle your cheese along the top of the vegetables.
4. Fold the burrito closed and toast in a sandwich press for 5mins to melt the cheese.

Vegetarian burrito

Nutrition Information

Serving Size: 1 Serving

	Average Quantity per Serving	%Daily Intake*
Energy	2146.3 kJ	25 %
Protein	13.9 g	28 %
Fat, total	23.5 g	34 %
- saturated	6.7 g	28 %
Carbohydrate	59.1 g	21 %
- sugars	7.3 g	
- lactose	0 g	
- galactose	0.1 g	
- starches	51.1 g	
Dietary Fibre	6.7 g	22 %
Sodium	451.1 mg	20 %
Vitamin C	129.1 mg	
Vitamin A	2745.9 µg	
Calcium	199.5 mg	
Iron	2.4 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

The ideal on-the-go meal. All your vegetables rolled into one easy to eat meal. Swap out the vegetables as the seasons change for a sustainable approach.