

Savoury Mince Burritos

Ingredients

- 250g minced beef
- 2 peppers, diced
- 2 onions, diced
- 2 carrots, diced
- 2 garlic cloves, minced
- 2 tbsp Worcestershire sauce
 - 200ml beef stock
 - 300g rice
- 100g frozen mixed vegetables
 - 8 homemade wraps

For the homemade wraps you'll need:

- 200g plain flour
- 100g warm water
 - ¼ tsp salt
 - 2 tbsp oil
- ½ tsp mixed herbs

Methods

1. Begin by cooking the rice and mixed vegetables. Use a rice cooker or prepare them on the stove following your preferred method.
2. In a large pot, combine diced onions and minced beef. Cook until the beef is browned, approximately 5 minutes.
3. Add minced garlic and fry for an additional 2 minutes.
4. Stir in Worcestershire sauce, ensuring it is well distributed.
5. Add diced peppers and carrots to the pot, stirring to incorporate.
6. Pour in the beef stock and let the mixture simmer for 15-20 minutes.
7. Once the rice and vegetables are cooked, stir them into the mince mixture. Ensure everything is well mixed.
8. Place the mince mixture onto the wraps and fold them.
9. Secure the wraps with toothpicks and air fry, grill, or fry until they become crispy.
10. Remove toothpicks before serving. Enjoy your Savoury Mince Burritos!

Let's make the homemade wraps:

1. Put the flour, salt, and herbs in a bowl and mix.
2. Gradually mix in the water, bringing the mixture together with your hand.
3. Add the oil and knead to form a soft dough. Leave to rest for 30 minutes.
4. Divide the dough into 4 portions, roll out each until they are 1cm thick, and fry in a hot pan for 2 minutes on each side.