



LENTIL & GREEK SHEESE BURRITO WRAPS

Prep. time 15 minutes | Cooking time 25 minutes | Cooling time 20-30 minutes | Serves 2

A savoury treat that requires no cooking, using our Greek style Sheese Greek Style Sheese. A perfect combination of flavours, textures and spices!

Ingredients

1 teaspoon oil

- 1 onion, diced
- 1 clove garlic, crushed
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon mixed herbs
- 4 tablespoons tomato puree
- 1 x can green or brown lentils
- 3 tomatoes, chopped
- Small piece of cucumber, chopped
- 75g Bute Island Greek Style Sheese, chopped
- 2 wraps of choice (I used gluten-free sweet potato ones)



Cooking Method

First make the filling: Heat the oil in a pan and fry the onion and garlic for 5 minutes until softened. Add in the spices and herbs and continue cooking for a few minutes.

Add in the tomato puree, lentils and 3 tablespoons water and simmer for 10-15 minutes until the sauce has thickened nicely. Add seasoning then set aside to cool a little or fully.

Stir in the tomato, cucumber and Sheese. Spoon onto the warmed wraps in the middle then fold up and around the sides (a cocktail stick will help to hold them!). Then enjoy!