

Fish Finger Burritos

with Mexican Rice



Ingredients

For the Mexican Rice

- 1 tbsp rapeseed oil
- 1 mug dried rice (brown rice if you can)
- 3 large tomatoes, chopped
- 2 mugs vegetable stock (reduced salt if possible)
- 1 tbsp tomato purée
- 1 tin of pinto beans, drained (or any beans you have)

For the Burritos

- 1 tsp smoked paprika
- ½ tsp ground cumin
- ½ tsp chilli powder
- ½ tsp garlic powder (optional)
- 10 fish fingers (frozen)
- 4 soft flour tortillas (wholemeal if you can)

For the Carrot Slaw

- 3 large carrots, peeled & grated
- 1 orange, for juice & zest
- Handful of coriander, chopped

Why not try serving with...



Method

Serves 4

Preheat the oven to 220°C

- 1 Heat the oil gently in a pan, add the rice and toast for 5 minutes. This will give you the perfect rice!
- 2 Add 2 mugs of boiling water, the tomato purée and stock cube, gently simmer on a low heat for 15 minutes and cover with a tightly fitted lid.
- 3 After 15 minutes, turn the heat off and leave to sit for another 15 minutes. Remove the lid, fluff up the rice with a fork and add the pinto beans and tomatoes.
- 4 In a separate bowl, mix together the paprika, cumin, chilli and garlic powder and put to one side.
- 5 Place the fish fingers on a baking sheet and dust evenly with the spice mix. Pop in the oven for 12-15 minutes.
- 6 For the carrot slaw, mix the peeled and grated carrot with the juice and zest of an orange. Add freshly chopped coriander to finish it off.
- 7 Time to build your burrito! Take a warm tortilla, add some tomato rice, a couple of fish fingers (or a few for an adult) then top with slaw then your choice of topping and get wrapping! Make sure you tuck the bottom of the wrap up so the filling doesn't fall out.
- 8 Your burritos are ready - enjoy!