

# Avocado & Black Bean Burrito



This is an easy and delicious, perfect for anyone on-the-go.

## **Ingredients**

1/2 cup medium grain rice  
1 tbsp oil  
1 bay leaf  
1 tbsp tomato paste  
400 g black beans (rinsed)  
1/2 lemon (juiced)  
1/4 cup avocado  
2 large tortillas

## **Method:**

1. To make the Mexican rice add ½ cup medium grain rice along with 1 tbsp oil into a pot on medium heat.
2. Stir in 1 bay leaf, 1tbsp tomato paste, ½ tsp salt. Add 1 cup of water and stir to mix. Cook

according to rice packet instructions.

3. In a bowl, combine the black beans, avocado, lemon juice, and season.
4. Once combined, spread the mixture across the tortilla, add the Mexican rice, and roll into a burrito.