

OVERALL time: 30 mins

TORTILLA WRAP HACK

If you've ever struggled with keeping your tortilla wraps together while eating - you'll love this awesome new trendy hack!! Not only is it easy to make, but so versatile and will take your tortillas to the next level.

Metric

Number of servings : 4

ingredients

For Taco Mince

- 15 ml Olive Oil
- 1 Red onion
- 30 ml **Cape Herb and Spice's Taco Spice**
- 30 ml Tomato Paste
- 250 g Beef Mince

For the Wraps

- To taste **Cape Herb and Spice's Chipotle chilli**
- 120 ml Tomatoes, diced
- 1 Red onion, finely diced
- 60 ml Coriander Leaves
- 10 ml Lime juice
- 1 Small Avocado, Mashed with salt & Lemon juice
- 360 ml Grated Cheddar Cheese
- 4 Extra Large Flour Tortillas
- 120 ml Sour Cream

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 10 mins | COOKING TIME: 20 mins

Make the mince:

Lightly brown the onion in a drizzle of olive oil. When soft add the Cape Herb & Spice Taco Spice and fry until fragrant. Add the tomato paste and beef mince. Cook until mince is cooked through and the tomato flavour caramelised. Set aside.

In a small bowl combine the tomato, red onion, coriander and lime juice. Season with a little salt.

Make the wrap:

Lay the tortilla down on a cutting board or a clean kitchen surface.

Take a pair of scissors and cut a line from the bottom edge to the centre.

Starting at the bottom left quarter, add some of the fresh tomato & onion salsa.

To the top left quarter, spread on some guacamole.

On the whole right hand side, sprinkle grated cheddar.

On the top right hand corner add some dollops of sour cream and smooth.

Sprinkle the whole right hand side of the wrap with a little Cape Herb & Spice Chipotle Chilli.

Finally add some mince to the top right hand corner on top of the sour cream.

Starting with the bottom left corner, fold it up over the top left.

Then fold it over to the top right.

Finally, fold it down to the bottom right.

Brush the outside of the tortilla with a little olive oil.

Pan fry over medium heat until the tortilla is very crispy on both sides and the cheese has melted.

Serve hot and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

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