KIKKOMAN

Beef, mushroom and corn burrito

Total time **15 mins** **10 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):
2,387 kJ / 570 kcal

Fat: **22 g** Protein: **31 g**
Carbohydrates: **55 g**

INGREDIENTS

2 portion(s)

100 g	mushrooms
0.5	onion
0.5	red chilli
1 tbsp	vegetable oil
200 g	minced beef
0.5	red pepper
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
200 g	tinned sweetcorn
1 g	chopped coriander
2	tortillas
Sauce:	
2 tbsp	sour cream
1	garlic clove, crushed
1 tsp	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

100 g mushrooms - **0.5** onion - **0.5** red chilli - **1 tbsp** vegetable oil - **200 g** minced beef - **0.5** red pepper - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **200 g** tinned sweetcorn - **1 g** chopped coriander

Slice the mushrooms, finely chop the onion and red chilli, and dice the red pepper. Heat the vegetable oil in a pan and sauté the onion, chilli and mushrooms for 1 minute. Add the minced beef and Kikkoman Soy Sauce. Cook, stirring constantly for 2 minutes. Add the diced red pepper and continue cooking until the meat starts to brown and the pepper softens. Add the tinned sweetcorn and heat through for 2 minutes. Sprinkle with the chopped coriander, mix well, and set aside to cool.

Step 2

2 tbsp sour cream - **1** garlic clove, crushed - **1 tsp** Kikkoman Naturally Brewed Soy Sauce - **2** tortillas

Mix the sour cream with the crushed garlic and Kikkoman Soy Sauce. Spoon the filling onto a tortilla, drizzle with the sauce, wrap tightly, and grill until golden.