

OVERALL time: 55 mins

ROAST VEG AND QUINOA BURRITO WITH VEGAN AJI VERDE SAUCE

Doing Veganuary come 1 Jan 2025? So are we! Which is why we've been experimenting with plant-based recipes recently. This recipe for roast veg and quinoa burritos scores full marks on the good-for-you index. Our spicy vegan aji verde sauce takes it to another level.

Metric

Number of servings : 4

ingredients

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 25 mins

To make the roast veg, drizzle vegetables with olive oil and toss to coat. Tumble them onto a baking tray and dust veggies liberally with our Roast Veggie Seasoning. Roast in a pre-heated 200 degrees Celsius oven for 20-25 minutes until veggies are cooked through.

To make the cheat's refried beans, simply blitz all the ingredients together in a food processor. Boil the half a cup of quinoa with a cup of water over medium-low heat until cooked through, it takes about 20 minutes.

To make the aji verde sauce, blitz together all of the ingredients in a liquidizer. If it's too thick for your liking, simply add a bit more water. Taste and adjust seasoning by adding more salt if needed.

To serve, heat the wraps in a non-stick pan. Then load them with roast veggies, quinoa and our cheat's refried beans. Drizzle over aji verde sauce and tuck in.

Recipe concept & photography by Lizet Hartley. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

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