

Latino Chilli Wrap with Guacamole



Garth McColgan



“Fiery family feast!”

“Here’s a hot little number to try on the family. Bursting with Latino character, this super recipe features kidney beans, chilli sauce and a glorious guacamole dip. It’s brimming with bacon and prawns too, all bundled up nicely into warm, soft tortilla wraps – mind your fingers when you take a giant bite!”

Garth McColgan

Hot stuff Tortilla

A spicy South American mixture, swaddled in soft tortillas, dipped in guacamole.



Perfect with...

Wernesgrüner Pils Lager

€5.99

6 x 330ml, €3.03 per litre

A top-brewed German Pils from the Saxonian town of Wernesgrüner, perfect with spicy foods. Served chilled to enjoy the best flavour of this German classic. ABV 4.9%.

Garth McColgan

Latino Chilli Wrap with Guacamole

Makes 6 wraps

Ingredients

Latino Wrap

2 packets Bacon Bits
25ml Extra Virgin Olive Oil
1 Onion, finely chopped
3 cloves Garlic, finely chopped
2 tins Kidney Beans, strained and rinsed
1 jar Mexican Chilli Sauce
2 tubs cooked Prawns, drained and rinsed
1 Bag Mild Red Grated Cheddar
¼ White Onion, roughly chopped
10ml Lemon Juice

Guacamole

1 tub Crème Fraiche
1 packet Tortilla Wraps
2 Avocados, peeled
1 Tomato, seeded and diced in ½ cm pieces
Juice of ½ Lemon
Salt and Pepper to taste

Method

For the bean mixture

1. Crisp off bacon bits in a pan over a medium heat. When crispy, add the finely chopped garlic, onion and Extra Virgin Olive Oil. Season with salt and pepper. Cook until onion is soft.
2. Add kidney beans and Mexican chilli sauce and cook for 10 minutes, stirring occasionally. Now gently mash the kidney beans with a potato masher.
3. Add cooked prawns and lemon juice to the pan and heat up for 2-3 minutes before serving.
4. To serve, heat tortilla wrap in oven for 2 minutes. Put a large spoon of the Latino chilli mix in the centre of the wrap, add grated cheddar cheese and fold.

For the guacamole

1. Put peeled avocados into a bowl and roughly mash with potato masher.
2. Add lemon juice and mix.
3. Add the diced tomato and white onion to the avocado mix, season with salt and pepper and mix.
4. Cut wrap in half diagonally and serve with the guacamole and crème fraiche on top.

Garth's Tips

"If you prefer, you can substitute the prawns with diced chicken fillet. Add three fillets at the same time as you would for the prawns but increase the cooking time to 12 minutes or until the chicken is cooked. If you like your guacamole a little friskier, add a dash or two of hot pepper sauce at the same time as the lemon juice."

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“Latin American
flavour at
lovely,
low prices!”

“Everything you need to
make my Latino Chilli Wraps
is available from your local
Aldi. Best of all,
whilst the
ingredients may
be hot, the
prices are
super-cool!”



**Bacon Bits/
Ham Cubes**

€1.79
EACH

200g/150g, €8.95/€11.93 per kg



Kidney Beans

35c EACH

410g, drained weight 250g,
€1.40 per kg drained



Chilli Sauce

€1.09
EACH

500g, €2.18 per kg



Crème Fraiche

75c EACH

150g, €5.00 per kg



**Extra Virgin
Olive Oil**

€3.15
EACH

750ml, €4.20 per litre



King Prawns

€3.59
EACH

320g, drained weight 180g,
€19.94 per kg drained



Lemons*

89c

3 pack



Organic Avocado*

€1.09
EACH



Tortilla Wraps

€1.25
EACH

8 pack, 15.6c each



Onions*

69c EACH

1kg, 69c per kg

**Mild Red
Grated
Cheddar**

€2.99
EACH

400g, €7.48 per kg



Garlic*

75c EACH

250g, €3.00 per kg



Tomatoes*

99c

6 pack