

fire 'n' ice tortillas

My kids love this pic 'n' mix or fill-your-own food – it's piled in the centre of the table and we all dive in, which is part of the fun! Use turkey strips instead of pork if you like – these are really low in fat and taste great.

400 g can of kidney beans,
drained and rinsed
4 ripe tomatoes, seeded and
chopped
1 small red onion, finely chopped
½ cucumber, seeded and finely
diced
large handful of chopped
coriander leaves
juice of 1 lime
1 tablespoon olive oil
500 g (1 lb 2 oz) pork stir-fry strips
2 teaspoons minced garlic
2 teaspoons minced chillies
2 tablespoons runny honey
8 soft flour tortillas
142 ml tub of low-fat yoghurt
salt and freshly ground
black pepper

- > Place the kidney beans in a bowl and break up with a fork or a potato masher. Then stir in the tomatoes, red onion, cucumber, coriander, lime juice and plenty of seasoning to taste.
- > Heat the oil in a wok or frying pan and fry the pork over a high heat for 3–4 minutes. Add the garlic, chillies and runny honey and stir-fry for a further 2 minutes, until piping hot.
- > Warm the tortillas in a microwave or frying pan and fill with the pork mixture, tomato salsa and a spoonful of yoghurt. Fold over the bottom end of each tortilla (to stop the filling falling out) and roll up.

nutritional information calories 648 • fat 16.7 g • saturated fat 3.3 g • added sugar 8 g • fibre 8.2 g • protein 44.6 g • salt 4.32 g • carbohydrate 85 g

Preparation: 15 minutes

Cooking time: 10 minutes

Serves 4