

Recipe Name: Raw Jackfruit Burrito Recipe

Diet Type:

Course: Lunch

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
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| • 200 grams Jackfruit Raw (Kathal) - peeled and cut into small junks | 4 |
| • 1 Onion - sliced | |
| • 4 cloves Garlic - chopped | |
| • 1 inch Ginger - chopped | |
| • 1 tablespoon Cumin powder (Jeera) | |
| • 1 teaspoon Black pepper powder | |
| • 1/2 teaspoon Cinnamon Powder (Dalchini) | |
| • 2 teaspoon Paprika powder | |
| • 1/2 teaspoon Turmeric powder (Haldi) | |
| • Salt - to taste | |
| • 1/2 cup Rajma (Large Kidney Beans) - soaked and boiled | |
| • 1 Onion - chopped | |
| • 1 Tomato - chopped | |
| • 4 cloves Garlic - chopped | |
| • 1 tablespoon Cumin powder (Jeera) | |
| • 1 tablespoon Red Chilli powder | |
| • 1 teaspoon Black pepper powder | |
| • 1 teaspoon Sugar | |
| • Salt - to taste | |
| • 1/4 cup Cooked rice | |
| • 1 tablespoon Dried Thyme Leaves | |
| • 1 tablespoon Paprika powder | |
| • Salt - to taste | |
| • 1/2 Red Bell pepper (Capsicum) | |
| • 1/2 Yellow Bell Pepper (Capsicum) | |
| • 1/2 Green Bell Pepper (Capsicum) | |
| • 1/2 Onion | |



- 1 teaspoon Paprika powder
- 1 teaspoon Cumin powder (Jeera)
- Salt and Pepper
- 1 cup Sour cream
- 1 cup Tomato Salsa
- 2 Tortillas





Preparation

- To make the refried beansTo begin making the Raw Jackfruit Burrito Recipe, we will first pressure cook the rajma beans in a pressure cooker in about 2 cups of water and salt for at least 30 minutes.
- Once done, allow the pressure to release naturally and ke.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	10	70	20	10	10

