



Wrap-tastic Patties!

This recipe is inspired by Jamaican beef patties, a popular street food traditionally made with seasoned shortcrust pastry and filled with a hearty, spiced beef mixture.

Our version gives this classic a healthier twist by using a tortilla wrap instead of pastry, while still keeping its signature golden colour.

You could try adding diced mushrooms to make the mixture stretch further, or even try swapping the beef for chicken or vegetables. They're incredibly versatile and are a great addition to lunchboxes!



Skills Check:

Follow a recipe, follow food safety and hygiene rules, tidy away, carefully cut using the bridge/claw technique, crimping, glazing, seasoning to taste and using the hob with supervision

Equipment: Chopping board, sharp knife, small bowl, fork, frying pan, hob, measuring spoons, spatula and a baking tray

Allergens*

Gluten | Egg |

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use)

Ingredients (Serves 4):

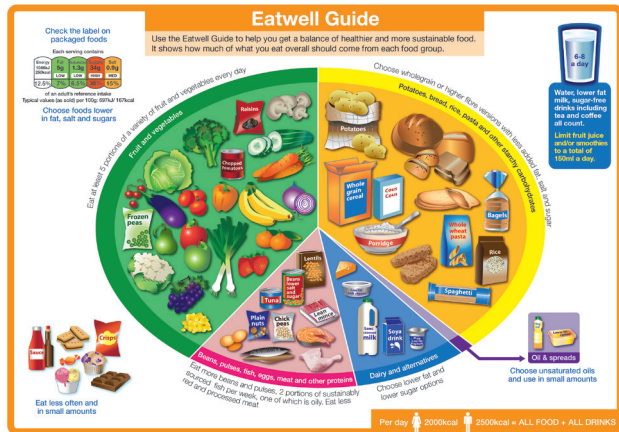
- 4 Mini tortilla wraps
- 250g Lean beef mince
- ½ White onion, diced
- 1 Garlic glove, crushed and chopped
- 2 Spring onions, cut into rings
- 1 tsp Paprika
- 1 tsp Turmeric
- ½ tsp Ginger
- ½ tsp Curry powder
- 1 Egg
- 1 tsp Oil
- 2 Tbsp Water

Method

1. Prepare your vegetables by chopping your white onion, spring onions and garlic.
2. In a pan, with supervision, heat your oil and add all your vegetables and cook until softened. Then add the beef mince and use a spatula to break it into small pieces. Cook, stirring regularly, until the meat is browned and cooked through.
3. Add the paprika, ginger and curry powder, along with half of the turmeric (we will be using the rest later!). Stir well and then pour in the water and mix thoroughly to help distribute the spices. Cook for a further 2–3 minutes, then remove from the heat and set aside.
4. In a bowl, whisk together the egg and the rest of the turmeric. This will help to give our patties a golden yellow colour.
5. Take one wrap and spoon 2 tablespoons of the beef mixture onto one half. Brush a little of the egg mixture around the edge of the wrap, then fold it over to create a semi-circle. Press the edges together and use the back of a fork to crimp and seal them. Repeat with the remaining wraps until all the beef mixture has been used.
6. Place the patties on a lined baking tray and brush them lightly with the remaining egg mixture. Bake at 180°C for 10–15 minutes, or until golden brown and crisp.



Wrap-tastic Patties Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per Pattie serving,

ENERGY
982kJ / 234cal **12%**

MED **FAT**
7.4g **11%**

MED **SATURATES**
2.8g **14%**

LOW **SUGARS**
2g **2%**

MED **SALT**
0.83g **14%**

% of an adult's reference intake
Typical values per 100g: Energy 746kJ / 177kcal

Notes

A traffic light system is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

So, thinking about Wrap-tastic Beef Patties...

Tortilla wraps are a great source of complex carbohydrates, providing energy to keep us fuelled throughout the day. They are lower in fat than shortcrust pastry but still crisp up nicely, making them a tasty addition to lunchboxes. For an extra fibre boost, choose wholegrain wraps where possible!

Beef mince is rich in protein and iron, which help provide energy and support healthy muscles and blood. It is also very versatile and can be used in a wide range of dishes. However, it can be high in fat, so try to choose lean mince wherever possible.

