

More than 2 hours

Serves 4

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Ingredients:

Smashed white kidney beans:

- Glug olive oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 3 sprigs rosemary
- ½ cup (125ml) milk
- Salt and milled pepper
- 3½ cups (500g) cooked IMBO white kidney beans (made from 1½ cups (300g) dry beans)

Filling:

- 300g white cheddar cheese, grated
- Grated peel and juice (60ml) of 1 lemon
- 2 cloves garlic, crushed
- 1 Tbsp (15ml) butter
- Salt and milled pepper
- 8-10 wraps

For serving:

- Handful rocket
- ½ cup (125ml) pickled red onions

GOOD IDEA

Cook a whole bag of IMBO beans.
Cool, portion and transfer, with
cooking juice, to freezer bags. Store
in freezer and use as required.
They'll keep up to 3 months.

Method:

1. Heat oil in a pan and sauté onion, rosemary and garlic for 2-3 minute, or until onion is translucent.
2. Add milk and simmer for 5 minutes. Season.
3. Fold through the cooked beans and set aside to cool.
4. Place mixture in a food processor and blitz until smooth. The consistency should be spreadable and not runny or loose. For a smoother consistency, add a bit of milk.
5. Mix together cheese, lemon peel and juice, garlic and butter in a separate bowl. Season.
6. Dry fry wraps on one side and divide into two piles.
7. Spread smashed kidney beans and cheese filling on toasted side of one pile of wraps.
8. Sandwich with toasted side of remaining wraps.
9. Dry fry the outside of the sandwiched wraps in the same pan on both sides.
10. Serve with rocket and pickled red onions.

Cook's note:

Quick-soak the beans instead of soaking overnight. Put 1 cup (250ml) of dry beans in a saucepan and add 3 cups (750ml) of water. Bring to the boil and cook for 5 minutes. Remove from the heat and leave to soak for an hour. Drain and rinse before boiling again in fresh water for another 60-90 minutes, or until the beans are tender.