

Dal Makhani Burrito



Dal makhani makes a great stand-in for refried or black beans, and the extra flavors of the dal makhani elevate the dish.

Prep Time 5 mins	Cook Time 0 mins	Total Time 5 mins
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Course: Main Course Cuisine: Indian, Indian-Mexican, Mexican
Keyword: burrito, dal makhani, indian-mexican fusion Servings: 2 Calories: 431kcal

Ingredients

- 0.5 cup cooked basmati rice
- 0.67 cup TFC’s dal makhani
- 2 Extra large flour tortilla
- 0.5 cup cheddar cheese
- 4 Tbsp guacamole
- 2tsp chili oil or hot sauce (optional)
- Pico de Gallo
- 2 tomato chopped
- 4Tbsp raw onion chopped
- 2green chili chopped
- 2 Tbsp cilantro chopped
- Squeeze of lemon
- Salt

Instructions

1. Mix together pico de gallo ingredients in a bowl (if making it yourself). Allow to sit for a minute or two.
2. Warm the tortilla on a pan over medium heat. Remove from the pan.
3. Layer with warm basmati rice and dal makhani. Top with cheddar cheese, guacamole, chili oil, and pico de gallo.
4. Wrap and serve.

Nutrition

Calories: 431kcal | Carbohydrates: 46g | Protein: 15g | Fat: 21g | Saturated Fat: 8g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 9g | Cholesterol: 28mg | Sodium: 1024mg | Potassium: 517mg | Fiber: 10g | Sugar: 8g | Vitamin A: 1446IU | Vitamin C: 25mg | Calcium: 290mg | Iron: 2mg