



INGREDIENTS

(SERVES 4)

4 skinless pheasant breasts cut into strips
1 tbsp sweet smoked paprika
½ tbsp ground cumin
2 cloves garlic
1 bunch chopped fresh coriander
400g drained and rinsed black beans
1 lime
4 ripe tomatoes
1 ripe avocado
4 spring onions
1 little gem lettuce
4 large flour tortillas
100g grated mature Cheddar cheese
Olive oil
Sea salt and black pepper
Sour cream or Greek yoghurt
Tomato salsa

PHEASANT BURRITOS WITH AVOCADO SALSA

Preheat a griddle pan over a high heat. Put the pheasant into a bowl, sprinkle over the paprika, cumin and a good slug of oil. Season with sea salt and black pepper. Mix well until the meat is evenly coated, then place the pheasant onto the hot griddle. Cook for 3-4 minutes, turning halfway. When charred and cooked through, remove from the heat and leave to cool.

Meanwhile, peel and finely slice the garlic. Heat one tablespoon of oil in a large frying pan over a medium-high heat. Add the garlic and the beans. Fry for 2 minutes. Roughly chop the coriander and add half to the pan. Season, stir well and remove from the heat.

Chop and trim the tomatoes and finely slice spring onions and avocado. Add in the lime juice and the remaining chopped coriander leaves. Mix well and season to taste.

Now, shred the lettuce and the cooled pheasant breasts. Put a tortilla onto the griddle for 1 minute to soften then place onto a board. Spoon some beans along the middle, top with a generous serving of salsa, a handful of lettuce and some of the pheasant breast. Sprinkle with grated cheese and add a spoon of sour cream or Greek yoghurt. Wrap up the burrito and enjoy.