

# Vegetarian Keto Burritos

Hands-on 15 minutes Overall 25 minutes

**Nutritional values (per burrito):** Total carbs: 17.7 g, Fiber: 8.4 g, **Net carbs: 9.3 g,**

Protein: 12.3 g, Fat: 31.5 g, Calories: 385 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 6 burritos)

6 [homemade Keto Tortillas](#) - *will take an additional hour to prepare, can be made in advance*

1 small red pepper, sliced (74 g/ 2.6 oz)

1 small yellow pepper, sliced (74 g/ 2.6 oz)

1 medium red onion, sliced (100 g/ 3.5 oz)

1 1/4 medium zucchini, chopped (245 g/ 8.6 oz)

3/4 cup diced pumpkin (87 g/ 3.1 oz)

2 tbsp [extra virgin olive oil](#) (30 ml)

1/4 tsp ground cumin

1 tsp paprika

1 tsp dried oregano

1/2 tsp sea salt, or to taste

1 1/4 cups chopped kale (63 g/ 2.2 oz)

1/2 medium cauliflower, florets only (300 g/ 10.4 oz)

1 tbsp [virgin coconut oil](#), melted

1 cup cheddar cheese, grated (113 g/ 4 oz)

150 ml sour cream (5 fl oz)

juice of 1/2 lime (30 ml)

1/4 tsp cracked black pepper

bowl and cook for 3 minutes in the microwave, or on the stove with a dash of water.

5. Transfer to a muslin cloth or fine tea towel and squeeze out the excess water. Place back in a bowl and fluff with a fork. Stir through the melted coconut oil and a pinch of salt.
6. When the veggies are cooked, chop the kale and massage in amongst the other veggies to soak up the oil and flavour. Cook all together for 1 - 2 more minutes. Remove from the oven.
7. Stuff each keto tortilla with cauliflower rice, roasted veggies, grated cheese and top with a good dollop of sour cream and a pinch of cracked black pepper. Best served fresh but the filling can be stored in the fridge for 3 days. Fill the tortillas just before serving.

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## Instructions

1. Prepare the [Keto Tortillas](#) by following [this recipe](#).
2. Preheat the oven to 190 °C/ 375 °F (fan assisted), or 210 °C/ 410 °F (conventional). Chop the peppers, onion, zucchini and pumpkin into chunks about 2 cm (1 inch) in diameter. Toss with olive oil, cumin, paprika, oregano and a good pinch of salt. Roast in the oven for about 20 minutes until soft.
3. Meanwhile, grate the cheese.
4. Blitz the cauliflower florets in a [food processor](#) until it resembles a rice consistency (it's best if you use the grating blade). Place in a