



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Avocado

Avocados contain more potassium than a banana and nutrient-rich fats that help you feel fuller for longer. They are a good source of vitamins E, C, B6, folate and niacin.



Cheesy Bean Enchiladas

Wraps with mixed bean and corn filling, baked with home-made tomato enchilada sauce and shredded cheddar cheese, and served with fresh, crunchy vegetables.



30 minutes



4/6 servings



Vegetarian

Spice it up!

A few drops of hot sauce, some dried chilli flakes or pickled jalapeños would make a great addition to this dish (for those who can handle the heat!).

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
4P/6P:	30g/37g	26g/36g	55g/71g

FROM YOUR BOX

	4 PERSON	6 PERSON
SPRING ONIONS	1 bunch	1 bunch
TOMATO PASTE	2 sachets	3 sachets
CORN COBS	2	3
TINNED MIXED BEANS	2 x 400g	3 x 400g
WRAPS	1 packet	2 packets
SHREDDED CHEDDAR CHEESE	1 packet	2 packets
BABY COS LETTUCE	1	2-pack
LEBANESE CUCUMBERS	2	3
AVOCADOS	1	2

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried oregano, flour of choice (see notes)

KEY UTENSILS

large frypan, saucepan, oven dish

NOTES

We used plain flour but cornflour or rice flour will also work well.

If you have helpers in the kitchen, get them to add the filling to the wraps and roll them up.

We used 2 small oven dishes to bake the enchiladas. Use a large oven dish to reduce dishes if you have one.

Dress the fresh elements with vinegar and olive oil if desired.



1. SAUTÉ ENCHILADA SAUCE

Set oven to 220°C. Heat a pan over medium heat with **1/4 cup oil**. Finely slice **1/2 spring onions**. Add to pan along with **tomato paste**, **1 tbsp smoked paprika**, **3 tsp oregano** and **2 tbsp flour** (see notes). Stir for 1 minute.

6P – use 1 1/2 tbsp smoked paprika and 1 tbsp oregano.



4. MAKE THE ENCHILADAS

Add **filling** to **wraps** and roll to make **enchiladas** (see notes). Spread **1 tbsp sauce** into the base of an oven dish. Add **enchiladas**. Pour over **remaining sauce**. Sprinkle over **cheese**. Bake for 5–10 minutes until **cheese** is melted and golden.

6P – use 10–12 wraps.



2. SIMMER ENCHILADA SAUCE

Pour **2 cups water** into **enchilada sauce** and simmer, whisking occasionally, for 6–8 minutes until **sauce** thickens. Season with **salt and pepper**.

6P – use 3 cups water.



5. PREPARE FRESH INGREDIENTS

Wedge **lettuce**, slice **cucumbers** and **avocado** (see notes).



3. COOK THE FILLING

Heat a large frypan over medium-high heat with **oil**. Slice remaining **spring onions** (reserve some green tops for garnish) and remove **corn kernels** from **cobs**. Add to pan as you go. Cook for 4–6 minutes. Drain and rinse **mixed beans**. Add to pan and cook for further 2 minutes.



6. FINISH AND SERVE

Serve **enchiladas** and **fresh ingredients** tableside.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0448 042 515** or send an email to **hello@dinnertwist.com.au**

