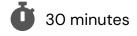






## **Cheesy Bean Enchiladas**

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







# 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!).

TOTAL FAT CARBOHYDRATES PROTEIN

30g

27g

81g

### FROM YOUR BOX

SPRING ONIONS	1 bunch
TOMATO PASTE	2 sachets
CORN COB	1
TINNED MIXED BEANS	2 x 400g
WRAPS	8-pack
SHREDDED CHEDDAR CHEESE	1 packet
BABY COS LETTUCE	1
LEBANESE CUCUMBERS	2
AVOCADO	1

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried oregano, flour of choice

#### **KEY UTENSILS**

large frypan, saucepan, oven dish

#### **NOTES**

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

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.

No gluten option - wraps are replaced with corn tortillas. Heat tortillas according to packet instructions then cook as per recipe.



## 1. SAUTÉ ENCHILADA SAUCE

Set oven to 220°C.

Heat a saucepan 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.



## 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**.



## 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 minutes. Drain and rinse **mixed beans**. Add to pan and cook for a further 2 minutes.



## 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.



## **5. PREPARE FRESH ELEMENTS**

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



## 6. FINISH AND SERVE

Serve enchiladas and fresh elements 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 0481 072 599 or send an email to hello@dinnertwist.com.au



