






Cooking Made Easy

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Quickfire Beef Enchiladas with Homemade Ranchero Beans

Patrick's been trying out a few new Mexican dishes in the Fresh Kitchen of late and the main technique in tonight's dinner has become a favourite. By mashing up most of the kidney beans instead of adding them whole, you suddenly add a rich, creamy texture to sauces. Keep a few whole ones back for texture too... arriba!

 45 min

 spicy



Beef Mince



Onion



Mexican Spice



Organic Red Kidney Beans



Passata



Coriander



Baby Gem Lettuce



Cherry Tomatoes



Wholemeal Tortillas



Cheddar Cheese

Ingredients

	2P	4P
Beef Mince	250g	500g
Onion, sliced	1	2
Mexican Spice	1 tbsp	2 tbsp
Organic Red Kidney Beans	1 tin	2 tins
Passata	1 carton	2 cartons
Coriander, chopped	3 tbsp	5 tbsp
Baby Gem Lettuce, chopped	1	2
Cherry Tomatoes, halved	½ punnet	1 punnet
Wholemeal Tortillas 1	4	8
Cheddar Cheese, grated 2	3 tbsp	6 tbsp

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Gluten | **2)** Milk

Nutrition per serving: Calories: 734 kcal | Protein: 52 g | Carbs: 83 g | Fat: 22 g | Saturated Fat: 8 g

2



1 Heat 2 tsp of olive oil in a frying pan on medium-high heat. Once hot, quickly brown off the beef mince, then remove from the pan and keep to the side.

has thickened enough to fill your tortillas. Meanwhile roughly chop the coriander and baby gem lettuce. Chop the cherry tomatoes in half.

3



2 Peel and chop the onion in half lengthways through the root, then very thinly slice it widthways into half moon shapes. Heat 1 tbsp of olive oil on medium-low heat in your (now empty) frying pan and cook the onions for around 6 mins, then add the Mexican spice. **Tip:** Use more or less spice depending on how hot you like it!

6 Once the sauce is thick, take it off the heat and stir through 2 tbsp of chopped coriander. Divide the mixture into four equal portions and spoon it along one end of each tortilla wrap. Roll up the wrap, place them in a baking dish and grate the cheese over the top. Cook in the oven until the cheese melts.

4



3 Whilst the onion cooks, drain and thoroughly rinse the kidney beans before mashing up three quarters in a bowl.

7 Toss the cherry tomatoes, baby gem lettuce and 1 tbsp of coriander in 1 tsp of olive oil and season with a little pinch of salt and pepper. Serve everything and devour immediately!

6



4 Once the onion has softened, stir in the mashed beans and then the remaining whole beans. Add the beef mince back into the pan. Stir in the passata with ¼ tsp of salt then refill the cartom a fifth with water, swirl it around and add this too.

5 Pre-heat your oven to 200 degrees. Let the mixture bubble away gently on low heat until it

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