



Chilli Cheese Beef Enchiladas

with a Cheesy Chorizo Topping and Wedges

Nº 24

STREET FOOD 45 Minutes • Little Heat • 1.5 of your 5 a day



Potato



Bell Pepper



Coriander



Red Chilli



Garlic Clove



Black Beans



Beef Mince



Mexican Spice



Tomato Purée



Red Wine Stock Pot



Cheddar Cheese



Diced Chorizo



Plain Flour



Soured Cream



Wholewheat Tortilla



Avocado



Lime

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Colander, Baking Tray, Frying Pan, Measuring Jug, Coarse Grater and Ovenproof Dish.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Bell Pepper***	1	1½	2
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	1	1	1
Garlic Clove**	2 cloves	3 cloves	4 cloves
Black Beans	1 carton	1½ cartons	2 cartons
Beef Mince**	240g	360g	480g
Mexican Spice	1 small pot	¾ large pot	1 large pot
Tomato Purée	1 sachet	2 sachets	2 sachets
Water for the Beef*	150ml	225ml	300ml
Red Wine Stock Pot (14)	1 pot	1½ pots	2 pots
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
Diced Chorizo**	60g	90g	120g
Plain Flour (13)	24g	36g	48g
Soured Cream 7)**	150g	225g	300g
Wholewheat Tortilla (13)	4	6	8
Avocado**	1	1½	2
Lime**	1	1	1
Water for the Sauce*	200ml	300ml	400ml

*Not Included ** Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	941g	100g
Energy (kJ/kcal)	6081/1454	646/155
Fat (g)	76	8
Sat. Fat (g)	31	3
Carbohydrate (g)	123	13
Sugars (g)	16	2
Protein (g)	66	7
Salt (g)	6.62	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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1. Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Halve the **pepper** and discard the core and seeds. Thinly slice and chop into 1cm pieces. Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed then finely chop. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** in a colander and pop **half** of them in a bowl. Mash with a fork until broken up. Add the **whole beans** to the bowl, set aside.



4. Make the Cheese Sauce

Meanwhile, grate the **cheese**. Heat a drizzle of **oil** in a saucepan on medium-high heat. Once hot, add the **chorizo** and fry until golden, 3-4 mins. Stir in the **flour** and cook until it forms a paste consistency, 1-2 mins. You've made a roux! Gradually, stir in the **water** (see ingredients for amount) and bring to the boil - it will thicken into a thick paste like sauce, 1-2 mins. Stir in the **Cheddar, chilli** (add less if you don't like heat), **half the coriander** and **half the soured cream**. Remove from the heat.



2. Wedge Time!

Meanwhile, pop the **wedges** on a large baking tray, drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **pepper**. Stir-fry until starting to colour, 3-4 mins.



5. Bake!

Taste and season the **beef** with **salt** and **pepper** if needed. Lay the **tortillas** on a board (2 per person), spoon the **beef mixture** down the centre of each then roll them up to enclose the filling. Drizzle a little **oil** over the bottom of an ovenproof dish, lay in the **wraps**. Pack them snugly, side by side, with the folded edge underneath so they don't unroll. Spoon the **cheese sauce** over the top in dollops, spread out evenly. Bake on the top shelf of your oven until golden, 8-10 mins (move the **wedges** to the bottom shelf).



3. Finish the Beef

Once the **pepper** has coloured, add the **beef mince** to the pan, season with **salt** and **pepper**. Cook until browned, 5-6 mins, using a wooden spoon to break it up. **IMPORTANT:** The mince is cooked when no longer pink in the middle. Once browned, stir in the **Mexican spice, garlic** and **tomato purée** cook for 1 minute. Pour in the **water** (see ingredients for amount), **black beans** (whole and mashed) and the **red wine stock pot**. Stir to dissolve the **stock pot**, bring to the boil and simmer until the mixture is nice and thick, 10-12 mins, stirring occasionally.



6. Finish Up!

Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh into a bowl and mash with a fork. Zest and halve the **lime**. Squeeze **half the lime juice** into the bowl with the **avo**, season with **salt** and **pepper** and mix well. Stir the **lime zest** into the remaining **soured cream** and stir together. Serve the **enchiladas** with the **wedges** on the side, dollops of **guac** and **soured cream** and the remaining **coriander**. Cut any remaining **lime** into wedges to serve alongside.

Enjoy!