

CRISPY CHEESE ENCHILADAS

with Zesty Salad and Sour Cream





This bean is named for its visual resemblance in shape and colour to a kidney









Central American



Spice Mix





Beef Stock Powder







Lime

Cheddar Cheese



Cherry Plum Tomatoes





Whole Wheat Soft Tortillas





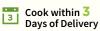
Hands on: 25 mins Total: 40 mins











Searching for a recipe the whole family will love? Look no further. Enchiladas are a classic Mexican recipe and come in a number of different varieties. We've filled ours with a tomatoey beef and spiced kidney bean mix. If your kids are fussy about beans you can add them in at the end for the adults or mash them up! Topped with cheese and baked until bubbling and golden, this is a texmex classic at its very best!



START

Our fruit and veggies need a little wash before you use them! Make sure you've got a Large Frying Pan, Measuring Jug, Sieve, Coarse Grater, Fine Grater, Mixing Bowl, Ovenproof Dish and Baking Paper. Now, let's get cooking!



1 FRY THE BEEF

Preheat your oven to 220°C. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **beef mince** and cook until browned, breaking it up with a spoon as it cooks, 4-6 mins. Meanwhile, halve and core the **red pepper**, then chop into 1cm pieces. Once the **beef** is browned, stir in the **pepper** and cook until softened, 2-3 mins more.



ENCHILADAS ASSEMBLE!
Season the beef to taste with salt and pepper. Lay the tortillas on a board (2 per person), if your kids don't like kidney beans, spoon half the mixture down the centre of their tortillas now and roll them into cylinders. Then stir the kidney beans into the remaining beef mixture, spoon the mixture down the centre of the adult's tortillas and roll. *TIP: Careful not to overfill your tortillas!



SIMMER THE SAUCE

Stir the central American spice mix into the beef, cook for 1 minute (add less if the family don't like any heat). Add the finely chopped tomatoes, stock powder and water (see ingredients for amount). Stir to dissolve the stock powder, bring to a simmer, reduce the heat to medium and cook until thickened, 10 mins. Stir every few mins. Add a splash of water if it gets dry.



BAKE THE ENCHILADAS
Line an ovenproof dish with baking paper,
drizzle in a little oil, then lay in the tortillas
seam-side down. Pack them in snugly. Sprinkle
the cheddar on top and bake on the top shelf
of your oven until golden, 12-15 mins. In a
small bowl, mix ther soured cream with the
lime zest. In another small bowl, mix the lime
juice with the olive oil (see ingredients for
amount) and some salt and pepper, this is
your dressing.



GET PREPPED

In the meantime, drain and rinse the kidney beans. If your kids like kidney beans, add them in to the beef mixture now (if not we'll add them later for the adults). Grate the cheese. Zest and halve the lime. Halve the cherry plum tomatoes. Trim the ends from the cucumber, quarter lengthways and chop the into 1cm chunks. Put the tomatoes and cucumber in a mixing bowl.



FINISH AND SERVE

Once cooked, carefully lift the **enchiladas** out of the tray and serve with a dollop of **zesty cream** if desired and serve the **salad** on the side. Dress anyone's **salad** that wants it. **Enjoy!**

INGREDIENTS

In order of use

	2P	3P	4P
Beef Mince ❖	250g	375g	500g
Red Pepper ❖	1/2	1	1
Central American Spice Mix	1 small pot	1½ small pots	2 small pots
Finely Chopped Tomatoes with Garlic & Onion	½ carton	1 carton	1 carton
Water*	40ml	50ml	75ml
Beef Stock Powder	½ sachet	1 sachet	1 sachet
Kidney Beans	½ carton	1 carton	1 carton
Cheddar Cheese 7) *	2 blocks	3 blocks	4 blocks
Lime *	1/2	3/4	1
Cherry Plum Tomatoes	1 small punnet	⅓ large punnet	_
Cucumber *	1/2	3/4	1
Whole Wheat Soft Tortillas 13)	4	6	8
Soured Cream 7) *	½ pouch	1 pouch	1 pouch
Olive Oil*	1 tbsp	1⅓ tbsp	2 tbsp

*Not Included

* Store in the fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 677G	PER 100G
Energy (kcal)	896	132
(kJ)	3747	553
Fat (g)	48	7
Sat. Fat (g)	21	3
Carbohydrate (g)	59	9
Sugars (g)	15	2
Protein (g)	50	7
Salt (g)	4.11	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

(a) Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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Packed in the UK

