



Chilli Enchiladas

These spicy Chilli Enchiladas are delicious served with salads and dips. Decide how hot you would like them!



Wheat/gluten and dairy

Nutritional information per portion (381g):

calories	fat	saturates	sugars	salt
416.8	13.4g 19%	5.0g 25%	5.9g 7%	1.4g 23%

of an adult's guideline daily amount

Equipment

Chopping board
Sharp knife
Large saucepan
Wooden spoon
Small bowl
Measuring spoons
Can opener
Measuring jug
Colander
Small saucepan
Juice squeezer
Grater
Ovenproof dish
Oven gloves
Pan stand
Serving spoon

Ingredients

Serves 4

3 cloves garlic
1 medium onion
1 x 15ml spoon vegetable oil
½ fresh chilli OR 1 x 5ml spoon chilli powder
1 x 5ml spoon cumin powder
1 x 5ml spoon cayenne pepper
250g minced beef
1 x 400g can chopped tomatoes
225ml water
1 x 220g can kidney beans
1 dried chilli
½ lime
2 spring onions
1 x 5ml spoon dried oregano
100g Cheddar cheese
4 tortilla wraps



Top Tip

- Always wash your hands after touching raw meat and keep it well away from other ingredients.





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Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Peel and finely chop the garlic.
3. Peel and finely chop the onion.
4. In a large saucepan heat the vegetable oil over a medium heat.
5. Fry the garlic for 1 minute until it has softened. Remove a third of the garlic and keep to one side as this will be used to make the salsa.
6. Add the onion and fry until softened. This will take about 3–5 minutes.
7. Chop the chilli, if using fresh. Add the chilli (powdered or fresh), cumin and cayenne pepper.
8. Add the minced beef and stir until it browns.
9. Open the can of tomatoes and add half of them to the saucepan. Add the water.
10. Cook for 15–20 minutes over a medium heat, until the mixture has thickened.
11. Open the can of kidney beans and drain them. Add the kidney beans to the saucepan and cook for a further 5 minutes.
12. To make the salsa, finely chop the dried chilli and spring onions.
13. Squeeze the juice from the lime.
14. Put dried chilli, spring onions, remaining chopped tomatoes, garlic, lime juice and oregano into a small saucepan. Cook over a medium heat for 15 minutes, stirring regularly.
15. Grate the cheese.
16. Place the mince mixture into the centre of each tortilla wrap and roll them up into a sausage shape. Place them in an ovenproof dish.
17. Pour the salsa mixture over the wraps and sprinkle with cheese.
18. Bake in the oven for 15 minutes.

Something to try next time

- Instead of using minced beef try this recipe with strips of chicken or sliced red peppers, onions and mushrooms.

