



BBQ Bean Enchiladas

with salad and cheesy sauce

Veggie Quick Cook 20 – 25 mins • Spicy

21



Tortilla



Grated Cheese



Red Kidney Beans



Chopped Tomato with Onion & Garlic



Chipotle Paste



BBQ Sauce



Creme Fraiche



Sweet Chilli Sauce



Salad Leaves



Apple Cider Vinegar



Mayo



Central American Style Spice Mix

Pantry Items: Salt, Pepper, Oil, Water, Sugar, Butter, Flour



Rate your recipe!

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Oven dish, pan with lid, sieve

Ingredients

	2P	4P
Tortilla	8 units	16 units
Grated Cheese	50 g	100 g
Red Kidney Beans	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Chipotle Paste	1 sachet	2 sachets
BBQ Sauce	2 sachets	4 sachets
Creme Fraiche	65 g	110 g
Sweet Chilli Sauce	1 sachet	2 sachets
Salad Leaves	120 g	240 g
Apple Cider Vinegar	1 sachet	2 sachets
Mayo	1 sachet	2 sachets
Central American Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	649.5 g	100 g
Energy (kJ/kcal)	3539.7 kJ/ 846 kcal	545 kJ/ 130.3 kcal
Fat (g)	32.2 g	5 g
Sat. Fat (g)	16.9 g	2.6 g
Carbohydrate (g)	99.7 g	15.4 g
Sugars (g)	24.3 g	3.7 g
Protein (g)	32.8 g	5.1 g
Salt (g)	7 g	1.1 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **beans** in a sieve.



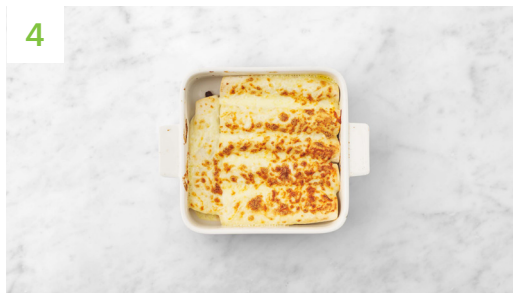
Cook the Beans

- Place a pan over medium-high heat with a drizzle of **oil**.
- Fry the drained **beans** until softened, 2-3 mins.
- Pop in the **chopped tomatoes, Central American spice**, ¼ tsp **salt** and ½ tsp **sugar** (double both for 4p).
- Cover and simmer for 4-5 mins. Add a splash of **water** to loosen the sauce if required.
- Remove from the heat and stir through the **chipotle paste**. Season to taste with **salt** and **pepper**.



Simmer the Sauce

- Meanwhile, place a pot over medium-high heat with 1 tbsp **butter** (double for 4p).
- When melted, stir in 1 tsp **flour** (double for 4p) and cook for 1-2 mins, stirring continuously.
- Stir in 50ml **water** (double for 4p), **creme fraiche** and **cheese**.
- Bring to a boil and simmer until slightly thickened, 2-3 mins.
- Season to taste with **salt** and **pepper**.



Bake the Enchiladas

- Drizzle a little **oil** into the bottom of an oven dish.
- Lay the **tortillas** out on a board, spoon some of the **bean** mixture down the centre of each, then roll up to enclose.
- Lay them into the oven dish. Ensure they're packed snugly, side by side, seam-side down so they don't unroll.
- Use the back of a spoon to spread the **cheese** sauce over the top.
- Bake on the top shelf of the oven until golden, 8-10 mins.



Dress the Salad

- Meanwhile, trim the **salad leaves**, halve lengthways and thinly slice widthways.
- In a salad bowl, mix the **apple cider vinegar, mayo**, 1 tbsp **oil** and ½ tsp **sugar** (double both for 4p). Season to taste with **salt** and **pepper**.
- Just before serving toss the chopped **salad leaves** through the dressing.



Garnish and Serve

- Divide the enchiladas between plates.
- Drizzle the **BBQ sauce** and **sweet chilli sauce** over the top.
- Serve the dressed salad alongside.

Enjoy!