

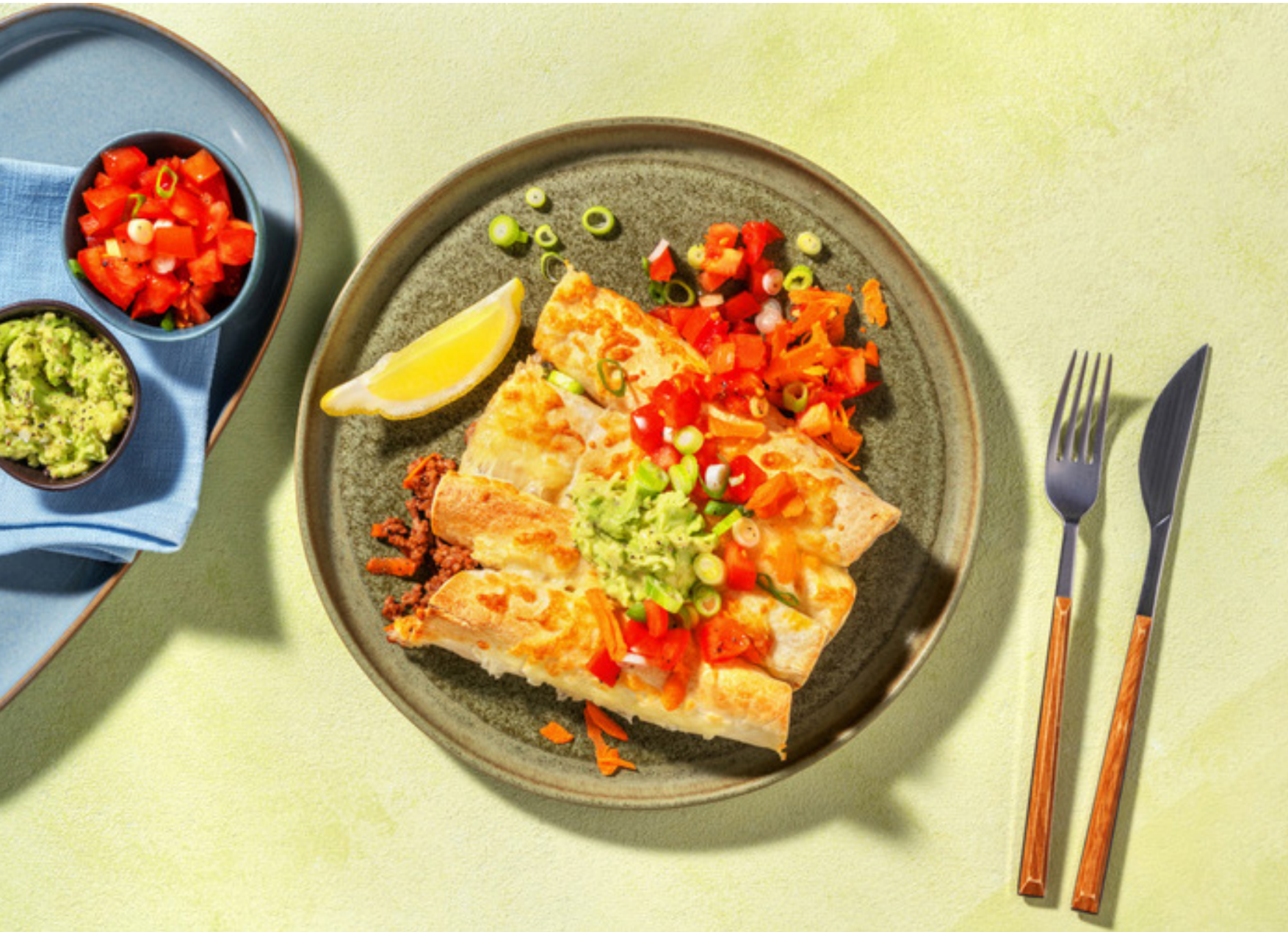


Cheesy Beef Enchiladas

with tomato and scallion salsa

Family Quick Cook 20-25 mins

6



Beef Mince



Tomato



Ketchup



Ground Cumin



Lemon



Tortilla



Grated Cheddar



Avocado



Scallion



Carrot



Red Kidney Beans

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

Before you start

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

Cooking tools you will need

Oven Dish

Ingredients

	2P	4P
Beef Mince	250 g	500 g
Tomato	2 units	4 units
Ketchup	1 sachet	2 sachets
Ground Cumin	1 sachet	2 sachets
Lemon	1 unit	2 units
Tortilla	8 units	16 units
Grated Cheddar	50 g	100 g
Avocado	1 unit	2 units
Scallion	1 unit	2 units
Carrot	1 unit	2 units
Red Kidney Beans	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	783.5 g	100 g
Energy (kJ/kcal)	4552.5 kJ/ 1088.1 kcal	581 kJ/ 138.9 kcal
Fat (g)	54.4 g	6.9 g
Sat. Fat (g)	21.9 g	2.8 g
Carbohydrate (g)	100.6 g	12.8 g
Sugars (g)	13.8 g	1.8 g
Protein (g)	57 g	7.3 g
Salt (g)	3.4 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

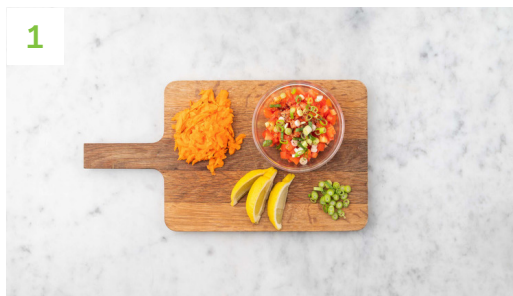
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.

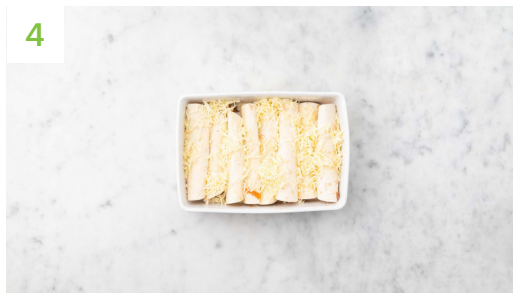


You can recycle me!



Make the Salsa

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **kidney beans**.
- Halve the **lemon**. Cut half into thick wedges and juice the rest.
- Chop the **tomatoes** into small pieces.
- Trim and grate the **carrot** (no need to peel). Trim and thinly slice the **scallion**.
- In a bowl mix the **tomato** with half the **scallion** then season with **salt, pepper** and 1 tsp **lemon** juice (double for 4p).



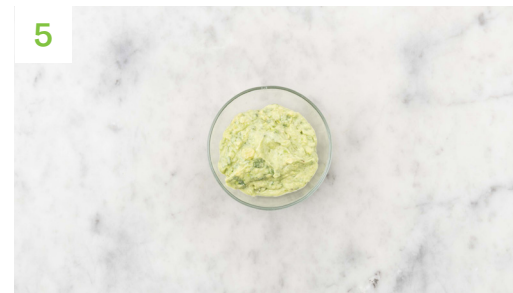
Bake the Enchiladas

- Lay the **tortillas** on a board, spoon some of the **mince** down the centre of each, then roll them up to enclose the filling.
- Drizzle a little **oil** into the bottom of an ovenproof dish then lay in the wraps.
- Pack them snugly, side by side, with the folded edge underneath so they don't unroll.
- Top with the grated **cheese**.
- Bake on the top shelf of your oven until golden, 8-10 mins.



Fry the Beef

- Heat a pan on medium-high heat (no oil).
- Once the pan is hot, add the **beef mince** and fry until browned, 5-6 mins.
- Use a spoon to break it up as it cooks.
- **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.
- Season with **salt** and **pepper**.



Make the Topping

- Meanwhile, halve the **avocado** and scoop out the flesh.
- Use a fork to mash it. Add a squeeze of **lemon** juice.
- Season to taste **salt** and **pepper** then mix well to combine.



Season and Simmer

- Once **mince** is cooked, add half the grated **carrot, kidney beans, cumin** and **ketchup** to the pan.
- Add a splash of **water** and mix together.
- Cook for 1 min and remove from the heat.
- Season to taste with **salt, pepper** and **sugar**.

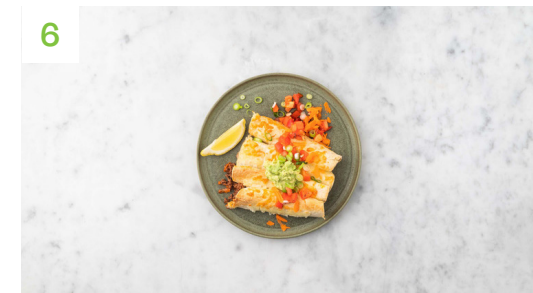


Plate it Up

- Once cooked, remove the enchiladas from the oven.
- Divide between plates.
- Top with the smashed **avocado**.
- Serve with **tomato** salsa and remaining **carrot** and **lemon** wedges.
- Garnish with remaining **scallions**.

Enjoy!