



Cheese and Bean Enchiladas

with sweetcorn and creme fraiche

20 – 25 mins • Veggie

21



Tortilla



Red Kidney Beans



Chopped Tomato with Onion & Garlic



Mexican Style Spice Mix



Dried Chilli Flakes



Lime



Grated Cheese



Creme Fraiche



Bell Pepper



Sweetcorn

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



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.

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

Cooking tools you will need

Oven dish, sieve, zester

Ingredients

	2P	4P
Tortilla	8 units	16 units
Red Kidney Beans	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Mexican Style Spice Mix	2 sachets	4 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Lime	1 unit	2 units
Grated Cheese	50 g	100 g
Crema Fraiche	110 g	220 g
Bell Pepper	1 unit	2 units
Sweetcorn	1 pack	2 packs

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	504.7 kJ/ 120.6 kcal
Fat (g)	4.6 g
Sat. Fat (g)	2.7 g
Carbohydrate (g)	14.6 g
Sugars (g)	3.3 g
Protein (g)	4.7 g
Salt (g)	0.7 g

See site or app for detailed nutritional info.


Allergens

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

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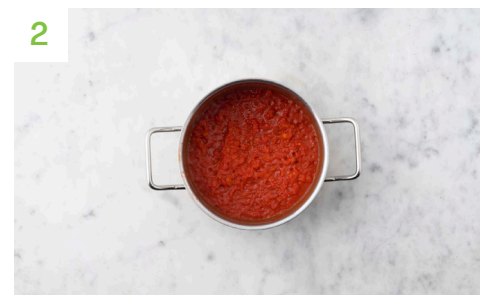
Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Zest the **lime**. Juice **half** and cut the rest into thick wedges.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.



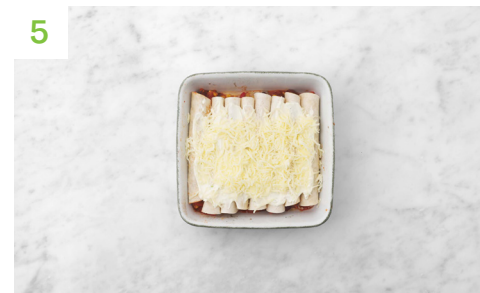
Make the Crema Fraiche

- In a small bowl, mix the **crema fraiche** together with the **lime** zest.
- Season to taste with **salt** and **pepper**.



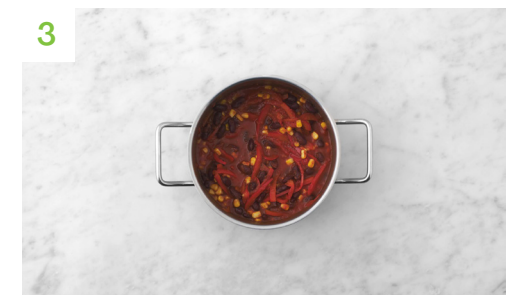
Simmer the Sauce

- Place a large pot over medium-high heat with a drizzle of **oil**.
- When the **oil** is hot, add the **bell pepper**, **chopped tomatoes**, **chilli flakes** (use less if you don't like spice) and **Mexican spice mix**.
- Stir to combine then leave to simmer until thickened and slightly sticky, 6-8 mins.



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** and **sweetcorn** 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 **half** the **crema fraiche** over the top. Sprinkle over the **cheese**.
- Bake on the top shelf of the oven until golden, 8-10 mins.



Add the Beans

- Meanwhile, drain and rinse the **kidney beans** and **sweetcorn** in a sieve.
- Once the sauce has reduced, add the **sweetcorn** and **beans** to the pot along with the **lime** juice and ½ tsp **sugar** (per 2P).
- Season to taste with **salt**, **pepper** and **sugar**.

TIP: Loosen the sauce with a splash of water if it becomes too thick.



Finish and Serve

- Once cooked, remove the cheesy **bean** enchiladas from the oven and divide between plates.
- Top with a dollop of the remaining zesty **crema fraiche**.
- Serve with **lime** wedges alongside.

Enjoy !