



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CORN TORTILLAS

The tortillas from La Tortilleria are made using the whole corn kernels which gives a more natural corn flavour.



3. BEAN ENCHILADAS

WITH CASHEW SOUR CREAM

 40 Minutes

 2 Servings

Baked enchiladas filled with spiced mixed beans, topped with a creamy cashew cheese and coriander.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
28g	35g	88g

24 February 2020

FROM YOUR BOX

CASHEW/NUTRITIONAL YEAST MIX	1 packet
RED ONION	1/2 *
RED CAPSICUM	1/2 *
MIXED BEANS	400g
TOMATO SUGO	1 jar
CORN TORTILLAS	8 pack
RADISHES	1/3 bunch *
CORIANDER	1/2 packet *
FESTIVAL LETTUCE	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, smoked paprika, ground cumin, apple cider vinegar

KEY UTENSILS

frypan, oven dish, stick mixer or blender

NOTES

Don't worry if the tortillas break when folding. It will all be covered with sauce and still be just as delicious!

Protein upsize add-on - roasted capsicum strips. Scatter the strips on top at then end or add to the filling. You could even blend them with the cashews for a creamy capsicum sauce.



1. SOAK THE CASHEWS

Set oven to 220°C.
Soak cashew mix in **1/3 cup water** and **1 1/2 tbsp vinegar**. Set aside.



2. MAKE THE BEAN FILLING

Heat a frypan over medium-high heat with **1 tbsp oil**. Slice and add onion and capsicum. Stir through **1 tsp smoked paprika** and **2 tsp cumin**. Drain and add beans. Cook for 5 minutes until fragrant. Season with **salt and pepper** to taste.



3. ASSEMBLE THE ENCHILADAS & BAKE

Spread a layer of tomato sugo on the bottom of the oven dish. Fill each tortilla with 1/4 cup enchilada filling. Roll the tortillas and place seam-side down in dish (see notes). Add any leftover filling on top and pour over remaining sugo. Cover with foil and bake for 10 minutes.



4. PREPARE THE TOPPINGS

Meanwhile, dice radishes and chop coriander. Roughly tear lettuce leaves.

Blend cashew mix together until smooth using a stick mixer or blender. Season with **salt and pepper** to taste.



5. FINISH AND PLATE

Spoon cashew sour cream over enchilada bake and scatter over fresh toppings.