



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

 4 Servings

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

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
15g	22g	46g

24 February 2020

## FROM YOUR BOX

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

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), 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 zucchini. Stir through **2 tsp smoked paprika** and **3 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. DRESS THE COLESLAW

Toss the coleslaw with **1 tbsp vinegar** and **1 tbsp olive oil**. Season with **salt and pepper**.



### 5. PREPARE THE TOPPINGS

Meanwhile, dice radishes and chop coriander.

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



### 6. FINISH AND PLATE

Spoon cashew sour cream over enchilada bake and scatter over fresh toppings. Serve with side of coleslaw.