



### Product Spotlight: Avocado

Avocados contain more potassium than a banana and nutrient-rich fats that help you feel fuller for longer. They are a good source of vitamins E, C, B6, folate and niacin.



## Cheesy Bean Enchiladas

Wraps with mixed bean and corn filling, baked with home-made tomato enchilada sauce and shredded cheddar cheese, served with fresh crunchy vegetables.



30 minutes



4 servings



Vegetarian

27 January 2023

### Spice it up!

*A few drops of hot sauce, some dried chilli flakes or pickled jalapeños would make a great addition to this dish (for those who can handle the heat!).*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	46g	71g

## FROM YOUR BOX

SPRING ONIONS	1 bunch
TOMATO PASTE	1 tub
CORN COBS	2
TINNED MIXED BEANS	2 x 400g
WRAPS	8-pack
SHREDDED CHEDDAR CHEESE	1 packet
BABY COS LETTUCE	2-pack
LEBANESE CUCUMBERS	2
AVOCADOS	2

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, dried oregano, flour of choice

## KEY UTENSILS

large frypan, saucepan, oven dish

## NOTES

We used plain flour but cornflour or rice flour will also work well.

If you have helpers in the kitchen, get them to add the filling to the wraps and roll them up.

We used 2 smaller oven dishes to bake the enchiladas. Use 1 large one to reduce dishes if you have one.

Dress the fresh elements with vinegar and olive oil if desired.



### 1. SAUTE ENCHILADA SAUCE

Set oven to 220°C.

Heat a saucepan over medium heat with **1/4 cup oil**. Finely slice 1/2 spring onions. Add to pan along with tomato paste, **1 tbsp smoked paprika**, **3 tsp oregano** and **2 tbsp flour**. Stir for 1 minute.



### 2. SIMMER ENCHILADA SAUCE

Pour **2 cups water** into enchilada sauce and simmer, whisking occasionally, for 6-8 minutes until sauce thickens. Season with **salt and pepper**.



### 3. COOK THE FILLING

Heat a large frypan over medium-high heat with **oil**. Slice remaining spring onions (reserve some green tops for garnish) and remove corn kernels from cobs. Add to pan as you go. Cook for 4 minutes. Drain and rinse mixed beans. Add to pan and cook for a further 2 minutes.



### 4. MAKE THE ENCHILADAS

Roll fillings into wraps (see notes). Spoon 1 tbsp enchilada sauce into base of oven dish. Add wraps. Pour over remaining sauce. Sprinkle over cheese. Bake for 5-10 minutes until cheese is melted and golden.



### 5. PREPARE FRESH ELEMENTS

Wedge lettuce and thinly slice cucumbers and avocados (see notes).



### 6. FINISH AND SERVE

Serve enchiladas and fresh elements tableside.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

