



### 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, and served with fresh, crunchy vegetables.



30 minutes



4 servings



Vegetarian

### 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** 33g **TOTAL FAT** 46g **CARBOHYDRATES** 71g

## FROM YOUR BOX

|                         |           |
|-------------------------|-----------|
| SPRING ONIONS           | 1 bunch   |
| TOMATO PASTE            | 2 sachets |
| 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, 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 small oven dishes to bake the enchiladas. Use a large oven dish to reduce dishes if you have one.

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

**No gluten option - wraps are replaced with corn tortillas.** Heat tortillas according to packet instructions then cook as per recipe.



### 1. SAUTÉ 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** (see notes). 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

Add filling to wraps and roll to make enchiladas (see notes). Spread **1 tbsp sauce** into the base of an oven dish. Add enchiladas. Pour over remaining sauce. Sprinkle over cheese. Bake for 5–10 minutes until cheese is melted and golden.



### 5. PREPARE FRESH ELEMENTS

Wedge lettuce, slice cucumbers and avocado (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**

