Q2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Avocado

Avocados ripen only after they are picked, not on the tree. That is why they arrive firm and soften over a few days on the bench!

Cheesy Bean Enchiladas

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

30 minutes | 2 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	TOTAL FAT	CARBOHYDRATES
	36g	44g	93g

FROM YOUR BOX

SPRING ONIONS	1 bunch
TOMATO PASTE	1 sachet
CORN COB	1
TINNED MIXED BEANS	400g
WRAPS	8-pack
SHREDDED CHEDDAR CHEESE	1 packet
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
AVOCADO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried oregano, flour of choice (see notes)

KEY UTENSILS

large frypan, saucepan, oven dish

NOTES

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

Shred the lettuce if you prefer! Dress with vinegar and olive oil if desired.

No gluten option - wraps are replaced with corn tortillas. Reduce water in the enchilada sauce to **1 cup**, then stir through the filling. Warm corn tortillas in a dry frypan and serve as tacos with the fresh ingredients.



1. SAUTÉ ENCHILADA SAUCE

Set oven to 220°C.

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



2. SIMMER ENCHILADA SAUCE

Pour **1 1/2 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 **cob**. Add to pan as you go. Cook for 3 minutes. Drain and rinse **mixed beans.** Add to pan and cook for further 2 minutes.



4. MAKE THE ENCHILADAS

Spoon **filling** onto each **wrap** (use 4-6 wraps) and roll tightly. Spread **2-3 tbsp sauce** over the base of an ovenproof dish, then arrange the **enchiladas** on top. Pour over the **remaining sauce** and sprinkle with **cheese**. Bake for 5–10 minutes, or until the **cheese** is melted and golden.



5. PREPARE FRESH INGREDIENTS

Wedge **lettuce** and thinly slice **cucumber** and **avocado** (see notes).



6. FINISH AND SERVE

Serve **enchiladas** and **fresh ingredients** tableside.

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