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 | 4/6 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 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g/32g	25g/32g	9g

FROM YOUR BOX

	4 PERSON	6 PERSON
SPRING ONIONS	1 bunch	2 bunches
TOMATO PASTE	2 sachets	3 sachets
CORN COBS	2	3
TINNED MIXED BEANS	2 x 400g	3 x 400g
WRAPS	1 packet	2 packets
SHREDDED CHEDDAR CHEESE	1 packet	2 packets
BABY COS LETTUCE	1	2-pack
LEBANESE CUCUMBERS	2	3
AVOCADOS	1	2

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.

We used 2 small oven dishes to bake the enchiladas. Use a large oven dish to reduce dishes if you have one.

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 pan 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.

6P - use 1 1/2 tbsp smoked paprika and 1 tbsp oregano.



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.**

6P - use 3 cups water.



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 4-6 minutes. Drain and rinse **mixed beans.** Add to pan and cook for 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.

6P - use 10-12 wraps.



5. PREPARE FRESH INGREDIENTS

Wedge **lettuce,** slice **cucumbers** and **avocado** (see notes).



6. FINISH AND SERVE

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

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