

Chilli Enchiladas

These spicy Chilli Enchiladas are delicious served with salad. Decide how hot you would like them!



Milk and wheat (gluten)*

Nutritional information per portion (410g):

Energy	Fat	Saturates	Sugars	Salt
1869kJ 445kcal 22%	14g 19%	5g 25%	7g 8%	1.7g 29%

of an adult's reference intake.
Typical values per 100g: energy 456kJ/109kcal.

Equipment

Chopping board
Sharp knife
Large saucepan
Wooden spoon
Small bowl
Measuring spoons
Can opener
Measuring jug
Colander
Small saucepan
Juice squeezer
Grater
Ovenproof dish
Oven gloves
Pan stand
Serving spoon

Ingredients

Serves 4

3 cloves garlic
1 medium onion
1 x 15ml spoon vegetable oil
½ fresh chilli OR 1 x 5ml spoon chilli powder
1 x 5ml spoon ground cumin
1 x 5ml spoon cayenne pepper
250g minced beef
1 x 400g can chopped tomatoes
225ml water
1 x 400g can kidney beans

Salsa

½ x fresh chilli OR ¼ x 5ml spoon dried chilli flakes
1 small lime (juice only)
2 spring onions
1 x 5ml spoon dried oregano

To finish

100g reduced-fat Cheddar cheese
4 tortilla wraps

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Always wash your hands after touching raw meat and keep it well away from other ingredients.

Chilli Enchiladas

Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. To make the filling, peel and finely chop the garlic.
3. Peel and finely chop the onion.
4. In a large saucepan heat the vegetable oil over a medium heat.
5. Fry the garlic for 1 minute until it has softened. Remove a third of the garlic and keep to one side as this will be used to make the salsa.
6. Add the onion and fry until softened. This will take about 3–5 minutes.
7. Chop the chilli, if using fresh. Add the chilli (powdered or fresh), cumin and cayenne pepper.
8. Add the minced beef and stir until it browns.
9. Open the can of tomatoes and add half of them to the saucepan. Add the water.
10. Cook for 15–20 minutes over a medium heat, until the mixture has thickened.
11. Open the can of kidney beans and drain them. Add the kidney beans to the saucepan and cook for a further 5 minutes.

Salsa

1. To make the salsa, finely chop the fresh chilli and spring onions.
2. Squeeze the juice from the lime.
3. Put the fresh or dried chillies, spring onions and remaining chopped tomatoes and garlic in a small pan. Add the lime juice and oregano. Cook over a medium heat for 15 minutes, stirring regularly.
4. To finish the enchiladas, grate the cheese.
5. Place the mince mixture into the centre of each tortilla wrap and roll them up into a sausage shape. Place them in an ovenproof dish.
6. Pour the salsa mixture over the wraps and sprinkle with cheese.
7. Bake in the oven for 15 minutes.

Something to try next time

- Instead of using minced beef try this recipe with strips of chicken or sliced red peppers, onions and mushrooms.

Prepare now, eat later

- Prepare the enchiladas up to 1 day in advance to the end of step 16. Cool as quickly as possible and store, covered, in the fridge. Just before you are ready to bake them, pour over the salsa and sprinkle with cheese. Bake for an extra 15 minutes (30 minutes total) or until bubbling and brown.
- Chill any leftovers and eat within 24 hours. Reheat until piping hot.

Skills used include:

Weighing, measuring, peeling, chopping, grating, squeezing, boiling/simmering, frying and baking.

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