

Quickfire Beef Enchiladas with Homemade Ranchero Beans

Patrick's been trying out a few new Mexican dishes in the Fresh Kitchen of late and the main technique in tonight's dinner has become a favourite. By mashing up your kidney beans instead of adding them whole, you suddenly add a rich, creamy texture to sauces...arriba!





Beef Mince (500g)



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Onion (2)

vine Tomato (4)

Mexican Spice (2 tbsp)



Wholemeal Tortilla (8)



Organic Kidney Beans (1 tin)





Lime (1)

Tomato Passata (2 cartons)



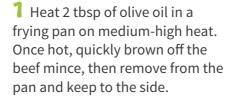
Sour Cream (2 pots)

heddar Cheese (8 thsp)

Ingredients	2P	4P	💮 Our produce comes
Beef Mince	-	500g	fresh from the farm so give
Onion, sliced	-	2	it a little wash before using
Mexican Spice	-	2 tbsp	
Organic Kidney Beans	-	1 tin	LH Step for little hands
Tomato Passata	-	2 cartons	
Baby Gem Lettuce, chopped	-	2	
Vine Tomato, chopped	-	4	Allergens
Wholemeal Tortilla 1	-	8	1) Gluten 2) Milk
Cheddar Cheese, grated 2	-	8 tbsp	
Lime	-	1	
Sour Cream 2	-	2 pots	

Nutrition per serving: Calories: 1072 kcal | Protein: 55 g | Carbs: 109 g | Fat: 37 g | Saturated Fat: 16 g





2 Peel and chop the onions in half lengthways through the root, then very thinly slice them widthways into half moon shapes. Heat 2 tbsp of olive oil on mediumlow heat in your (now empty) frying pan and cook the onions for around 6 mins, then add the Mexican spice. **Tip:** Use more or less spice depending on how hot you like it!

3 Whilst the onion cooks, drain and thoroughly rinse your kidney beans. LH: *Mash up the kidney beans in a bowl.*

4 Once the onion has softened, stir in the mashed beans. Add the beef mince back into the pan. Stir in the passata with ½ tsp of salt then refill the carton a fifth with water, swirl it around and add this too.

5 Pre-heat your oven to 200 degrees. Let the mixture bubble away gently on low heat until it

has thickened enough to fill your tortillas. Meanwhile roughly chop the baby gem lettuce and roughly chop the tomatoes.

6 Once the sauce is thick, take it off the heat. Divide the mixture into eight equal portions and spoon it along one end of each tortilla. Roll up the tortillas, place in a baking dish and grate the cheese over the top. Cook in the oven until the cheese melts.

7 Whilst your enchiladas are in the oven, zest your lime. LH: *Mix the sour cream with a few good grinds of black pepper and the lime zest.*

8 LH: Toss the tomatoes and baby gem lettuce in 2 tbsp of olive oil, your lime juice and a pinch of salt and pepper. Serve your enchilladas with a dollop of sour cream and the salad on the side. Devour immediately!

