















Comida Mexicana Inspired Feast

Chicken & Bean Enchiladas, Chilli Cheese Chips, Smashed Avo, Salsa and Tortilla Chips

Takeaway Feast 50-55 Minutes • Medium Spice • 3 of your 5 a day



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| Mature Cheddar Cheese | Black Beans |
|  |  |
| Baby Plum Tomatoes | Lime |
|  |  |
| McCain Home Chips | Diced British Chicken Breast |
|  |  |
| Tomato Puree | Chipotle Paste |
|  |  |
| Chicken Stock Paste | Plain Taco Tortillas |
|  |  |
| British Beef Mince | Mexican Style Spice Mix |
|  |  |
| Soured Cream | Smashed Avocado |

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar, Honey

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Grater, sieve, bowl, fine grater, baking tray, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Mature Cheddar Cheese** 7)	120g	180g	240g
Black Beans	1 carton	1½ cartons	2 cartons
Baby Plum Tomatoes	125g	190g	250g
Lime**	1	2	2
McCain Home Chips** 13)	400g	600g	800g
Diced British Chicken Breast**	240g	390g	520g
Tomato Puree	60g	90g	120g
Chipotle Paste	20g	30g	40g
Chicken Stock Paste	20g	30g	40g
Plain Taco Tortillas 13)	6	9	12
British Beef Mince**	240g	360g	480g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Soured Cream** 7)	150g	225g	300g
Smashed Avocado**	1 pot	1½ pots	2 pots

Pantry	2P	3P	4P
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	1 tbsp	1½ tbsp	2 tbsp
Water for the Chicken*	100ml	150ml	200ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Beef *	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	8038 /1921	719 /172
Fat (g)	92.0	8.2
Sat. Fat (g)	37.6	3.4
Carbohydrate (g)	160.5	14.3
Sugars (g)	24.0	2.1
Protein (g)	103.6	9.3
Salt (g)	6.57	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

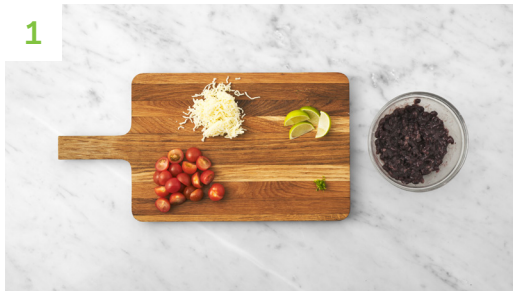
7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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Start the Prep

Preheat the oven to 220°C/200°C fan/gas mark 7.

Grate the **cheese**.

Drain and rinse the **black beans** in a sieve. Transfer **half the beans** to a medium bowl and mash with the back of a fork.

Halve the **baby plum tomatoes**. Zest and cut the **lime** into wedges.



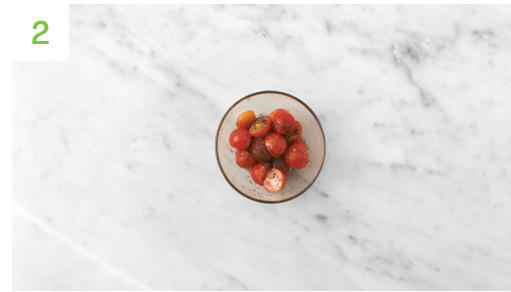
Tortilla Time

Lay the **tortillas** on a board (2 per person). Spoon the **chicken** and **black bean** filling down the centre of each, then roll them up to enclose the filling.

Drizzle a little **oil** over the bottom of a large ovenproof dish, then lay in the **wraps**. Pack them snugly, side by side, with the folded edge underneath so they don't unroll. Sprinkle over two **thirds** of the **cheese**.

Cut the remaining **tortillas** into triangles (use scissors if easier). Place on a large baking tray in a single layer and drizzle with **oil**. Season with **salt** and **pepper**. **TIP:** Use two baking trays if necessary.

Bake the **enchiladas** and **tortilla chips** on the middle shelf of your oven until golden, 8-10 mins.



Time to Salsa

In a medium bowl, combine the **olive oil for the salsa** (see pantry for amount), **half the lime juice** and a **pinch of sugar** (if you have any). Season with **salt** and **pepper**. Add the **tomatoes**, toss to coat, then set aside.

Spread the **chips** on a large baking tray in a single layer. Drizzle with **oil** and season with **salt** and **pepper**. Bake on the top shelf of your oven until golden, 25-30 mins. Turn halfway through.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.



Fry the Beef

Meanwhile, wipe out the (now empty) frying pan and return to medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

Add the **Mexican style spice mix** and remaining **tomato puree**. Fry, 1 min.

Stir in the **honey**, **water for the beef** (see pantry for both amounts), some **lime juice** and the remaining **chicken stock paste**. Bring to the boil and simmer until thickened, 2-3 mins. Remove from the heat.



Make the Enchilada Filling

Once the **oil** is hot, add the **diced chicken** and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

Add **half the tomato puree** and cook for 1 min.

Stir in the **whole** and **mashed black beans**, **chipotle paste** (add less if you'd prefer things milder), the **sugar** and **water for the chicken** (see pantry for both amounts) and **half the chicken stock paste**. Bring to the boil and simmer until thickened, 2-3 mins, then remove from the heat.



Serve Up

Place the **chips** in a serving bowl and top with the **spiced beef**. Sprinkle over the remaining **cheese** and a **pinch of lime zest**.

Plate up the **enchiladas** and drizzle over **half the soured cream**.

Serve the **tomato salsa**, **smashed avocado** and remaining **soured cream** alongside. Mix the remaining **lime zest** with the **soured cream** if you'd like to.

Serve with the **tortilla chips** for dipping.

Enjoy!