

Chipotle Black Bean Enchiladas

with Mozzarella and Baby Leaf Salad



35-40 Minutes · Mild Spice · 5 of your 5 a day · Veggie













Black Beans





Mozzarella

Chipotle Paste

Vegetable Stock Paste



Finely Chopped Tomatoes





Red Wine Vinegar



Premium Baby Leaf Mix

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, kitchen paper, frying pan, ovenproof dish and bowl.

Ingredients

| <u> </u> | | | | |
|--|----------|-------------------------|-----------|--|
| Ingredients | 2P | 3P | 4P | |
| Bell Pepper*** | 1 | 11/2 | 2 | |
| Garlic Clove** | 1 | 2 | 2 | |
| Black Beans | 1 carton | 1½ cartons | 2 cartons | |
| Mozzarella** 7) | 1 ball | 1½ balls | 2 balls | |
| Chipotle Paste | 20g | 30g | 40g | |
| Vegetable Stock Paste 10) | 10g | 15g | 20g | |
| Finely Chopped Tomatoes | 1 carton | on 1½ cartons 2 cartons | | |
| Plain Taco Tortilla 13) | 6 | 9 | 12 | |
| Red Wine Vinegar 14) | 12g | 18g | 24g | |
| Premium Baby Leaf Mix** | 50g | 100g | 100g | |
| Pantry | 2P | 3P | 4P | |
| Sugar for the Sauce* | ½ tsp | ¾ tsp | 1 tsp | |
| Water for the Sauce* | 100ml | 150ml | 200ml | |
| Sugar for the Dressing* | 1/4 tsp | ½ tsp | ½ tsp | |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp | |
| *Not Included **Store in the Fridge ***Based on season | | | | |

^{*}Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 591g | 100g |
| Energy (kJ/kcal) | 2842 /679 | 481/115 |
| Fat (g) | 21.2 | 3.6 |
| Sat. Fat (g) | 9.8 | 1.7 |
| Carbohydrate (g) | 84.2 | 14.3 |
| Sugars (g) | 17.5 | 3.0 |
| Protein (g) | 32.2 | 5.5 |
| Salt (g) | 4.03 | 0.68 |

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **10)** Celery **13)** Cereals containing gluten **14)** Sulphites

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, milk, egg, mustard, celery, soya, 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.

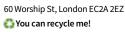
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Get Prepped

Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** in a sieve.

Drain the **mozzarella** and pat dry with kitchen paper, squeezing out as much liquid as possible, then tear into pieces.



Fry the Pepper

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **pepper** and fry until just soft, 3-4 mins.

Stir in the **garlic**, **chipotle paste** and **black beans**, then fry for 1 min more.



Sauce Things Up

Stir through the **vegetable stock paste**, **chopped tomatoes**, **sugar** and **water for the sauce** (see pantry for both amounts).

Reduce the heat to medium and simmer until thickened, 6-8 mins. Then mash **half** of the **black beans** with a fork in the pan.

Meanwhile, preheat your grill to high.



Make your Enchiladas

Once the **sauce** has thickened, lay the **tortillas** on a board (3 per person). Reserve a quarter of the **bean mixture** for the topping, then spoon the remaining **mixture** down the centre of each, then roll them up to enclose the **filling**.

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

Top the **enchiladas** with the reserved **bean mixture** and **torn mozzarella**. Grill until golden and the **cheese** is bubbling, 5-6 mins.



Dress the Salad

In a medium bowl, add the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then mix well.

Just before you're ready to serve, toss the **baby leaves** in the **dressing**.



Serve

When everything's ready, share your **chipotle black bean enchiladas** between your plates.

Serve the **salad** alongside.

Enjoy!