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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 the kidney beans instead of adding them whole, you suddenly add a rich, creamy texture to sauces ... arriba!

 45 mins

 spicy



Beef Mince (250g)



Onion (1)



Mexican Spice (1 tbsp)



Organic Kidney Beans
(1/2 tin)



Tomato Passata
(1 carton)



Baby Gem Lettuce
(1)



Vine Tomato (2)



Wholemeal Tortilla (4)



Cheddar Cheese
(4 tbsp)



Lime (1/2)




Sour Cream (3 tbsp)

2 PEOPLE INGREDIENTS

- Beef Mince
- Onion, sliced
- Mexican Spice
- Organic Kidney Beans
- Tomato Passata
- Baby Gem Lettuce, chopped

250g
1
1 tbsp
½ tin
1 carton
1

- Vine Tomato, chopped **2**
- Wholemeal Tortilla **4**
- Cheddar Cheese **4 tbsp**
- Lime **½**
- Sour Cream **3 tbsp**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

The enchilada originates from colonial Mexico.

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	955 kcal / 4026 kJ	29 g	13 g	106 g	19 g	62 g	3 g
Per 100g	107 kcal / 450 kJ	3 g	1 g	12 g	2 g	7 g	0 g

2



1 Heat a splash of **olive oil** in a frying pan on medium-high heat. Once hot, quickly brown the **beef mince**, then remove from the pan and keep to the side.

3



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

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

4



4 Once your **onion** has softened, stir in your **beans**. Add your **beef mince** back into the pan. Stir in the **passata** with a pinch 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 your **mixture** bubble away gently on low heat until it has thickened. Meanwhile, roughly chop the **baby gem lettuce** and the **tomato**.

6



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

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

8 Toss your **tomatoes** and **baby gem** in a splash of **olive oil**, some **lime juice**, a pinch of **salt** and few good grinds of **pepper**. Serve your **enchiladas** with a dollop of **sour cream** and your **salad** on the side. Devour immediately!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!