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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

 family box

 spicy



Beef Mince (500g)



Onion (2)



Mexican Spice (2 tbsp)



Organic Kidney Beans
(1 tin)



Tomato Passata
(2 cartons)



Baby Gem Lettuce
(2)



Vine Tomato (4)



Wholemeal Tortilla (8)



Cheddar Cheese
(7 tbsp)



Lime (1)



Sour Cream (2 pots)

4 PEOPLE INGREDIENTS

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

500g
2
2 tbsp
1 tin
2 cartons
2

- Vine Tomato, chopped
 - Wholemeal Tortilla
 - Cheddar Cheese
 - Lime
 - Sour Cream
- 4**
8
7 tbsp
1
2 pots



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 / 4029 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



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

2 Peel and chop the **onion** in half lengthways through the root, then very thinly slice it widthways into half moon shapes. Heat another splash of **olive oil** on medium-low heat in your (now empty) frying pan and cook your **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 your **onion** cooks, drain and thoroughly rinse the **kidney beans**. Mash up the **kidney beans** in a bowl.

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



6 Once your sauce is thick, take it off the heat. Divide the mixture and spoon it along one end of each **tortilla**. Roll up the **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 the 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 **black 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!