

Vegetable Enchiladas

INGREDIENTS (serves 4)

- 1 teaspoon vegetable oil
- 1 onion – peeled and chopped
- 1 garlic clove – peel and finely chopped
- 2 peppers – deseeded and diced
- 2 tablespoons sweetcorn – optional
- 200g cooked chicken or quorn pieces
- 1 teaspoon Cajun or Fajita seasoning
- ½ teaspoon mixed herbs and parsley
- 4 teaspoons tomato puree
- 4 teaspoons water
- 4 tortilla **wraps**
- 50g reduced fat mature cheddar **cheese** – grated



EQUIPMENT

chopping board, sharp knife,
teaspoon, wok or large frying pan,
wooden spoon, grater
medium sized oven proof dish or tin

METHOD

1. Heat the oil in the wok or frying pan. Add the vegetables and chicken/quorn and cook for 3 minutes over a medium heat. Then add seasoning and herbs and cook for a further 2 minutes.
2. In a small bowl, make the tomato sauce by mixing the tomato puree and water together. You may wish to add some cajun/fajita seasoning to the sauce.
3. To make the enchiladas, spread 1 teaspoon of the sauce over each wrap. Add a quarter of the vegetable and chicken/quorn mixture to the middle of each wrap, then sprinkle over half of the grated cheese.
4. Roll up the enchiladas by folding over two opposite sides of the wrap to seal the edges, then rolling up firmly to enclose the filling.
5. Place the enchiladas in an oven proof tin, sprinkle over the rest of the cheese and place in a preheated oven 190°C/Gas 5 for 10-15 minutes until the cheese has melted and the wraps are golden brown and crispy. Alternatively, place under the grill (medium heat) for 6-8 minutes. Serve the enchiladas on their own or with a side salad.

TIME SAVER!

- * Instead of using fresh vegetables, why not save time by using our Mexican Bean Chilli as a filling instead (the recipe can be found on our website). Just add two heaped dessertspoons of the chilli along with the cheese, then roll it up, cook it in the oven and enjoy!

ALLERGY AWARENESS!

This recipe contains: Cereals containing gluten, Milk



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