



MEXICAN ENCHILLADAS



INGREDIENTS

1 onion – peeled and chopped

1 garlic clove – peel and finely chopped

2 peppers – deseeded and diced

4 mushrooms—sliced thinly

2 tablespoons sweetcorn – optional

1 teaspoon Cajun or Fajita seasoning

½ teaspoon mixed herbs and parsley

4 teaspoons tomato puree

4 teaspoons water

4 wholemeal tortilla **wraps**

200g cooked chicken or quorn pieces – optional

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

SERVES: 4

PREP TIME: 20 minutes

COOK TIME: 10-15 minutes

ALLERGENS: cereals containing gluten,
milk

METHOD

- 1 Prepare the vegetables and place into a microwaveable bowl. Add 2 teaspoons of water and then cover the bowl with a plate or clingfilm. Cook the vegetables in the microwave for 3 minutes until softened. Alternatively, cook the vegetables in a sauce on the hob. Once cooked add the cajun/fajita spices and herbs.
- 2 In a small bowl, make the tomato sauce by mixing the tomato puree and water together.
- 3 To make the enchiladas, spread 1 teaspoon of the sauce over each wrap. Add a quarter of the vegetable 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.
- 6 Serve the enchiladas on their own or with a side salad.



ENCHILLADAS MECSICANAIDD



CYNHWYSION

1 nionyn – wedi'i blicio a'i dorri

1 ewyn garlleg – wedi'i blicio a'i dorri'n fân

2 bupryn – wedi tynnu'r hadau a'u torri'n fân

4 madarchen — wedi'u sleisio'n denau

2 llwy fwrdd o gorn melys - dewisol

1 llwy de sbeis Cajun neu sbeis Fajita

½ llwy de o berlysiâu a phersli

4 llwy de o biwrî tomato

4 llwy de o ddŵr

4 tortilla blawd cyflawn

200g cyw iâr wedi'i goginio neu ddarnau *quorn* –
dewisol

OFFER

bwrdd torri, cylllell finiog, llwy de,
woc neu badell ffrio fawr, llwy bren, gratiwr,
dysgl neu dun o faint ganolig
addas ar gyfer y popty

DIGON I: 4

AMSER PARATOI: 20 munud

ALLERGEDD: grawnfwydydd sy'n
cynnwys glwten, llaeth
wy

AMSER COGINIO: 15-20 munud

DULL

- 1 Paratowch y llysiâu a'u rhoi mewn powlen addas ar gyfer y ficrodon. Ychwanegwch 2 llwy de o ddŵr a rhowch blât neu blastig lapio dros y bowlen. Coginiwch y llysiâu yn y ficrodon am 3 munud nes eu bod wedi meddalau. Fel arall gallwch goginio'r llysiâu mewn sosban ar y stôf. Pan fydd y llysiâu'n barod ychwanegwch y sbeis cajun neu fajita a'r perlysiâu.
- 2 Mewn powlen fach cymysgwch y piwrî tomato a'r dŵr gyda'i gilydd i wneud y saws tomato.
- 3 I wneud yr enchilladas, taenwch 1 llond llwy de o'r saws dros bob tortilla. Rhowch chwarter y cymysgedd llysiâu ynghanol pob tortilla ac ysgeintiwch y caws dros y llysiâu.
- 4 Plygwch ddwy ymyl o'r tortilla at ei gilydd i selio'r ymylon ac yna ei rowlio i fyny'n dynn i rwystro'r llenwad rhag disgyn allan.
- 5 Rhowch yr enchilladas mewn tin neu ddysgl ac ysgeintio gweddill y caws drostynt, yna rhowch nhw yn y popty (190°C/Marc Nwy 5 am 10-15 munud nes bydd y caws wedi toddi a'r tortillas wedi crasu. Fel arall gallech eu rhoi nhw o dan y gril ar wres canolig am 6-8 munud.
- 6 Gweinwch yr enchilladas ar eu pen eu hunain neu gyda salad.