



# BAKED ENCHILADAS



## INGREDIENTS

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

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 cheddar **cheese** – grated

Optional Extras:

200g cooked chicken or quorn - optional

1 small can red kidney beans

## 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

- 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.



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