



VEGETARIAN ENCHILADAS



PREP TIME
15 MINS



COOK TIME
25 MINS



SERVES
4

Vegetarian Enchiladas are a great dish for casually entertaining a crowd especially because you can prepare them ahead. Then all you have to do is pop them in the oven and watch everyone's smiles as the saucy, melty veggie goodness is passed around the table.

1 TABLESPOON OLIVE OIL
1 WHITE ONION, FINELY DICED
1 BIG GARLIC CLOVE, MINCED
1 CORN ON THE COB, KERNELS
COURGETTE, DICED
200G / 7 OZ CHESTNUT MUSHROOMS, DICED
PACKET OF GRAN LUCHITO CANTINA BEANS
1 WHITE ONION, FINELY DICED
1 BIG GARLIC CLOVE, MINCED
1 CORN ON THE COB, KERNELS
COURGETTE, DICED

200G / 7 OZ CHESTNUT MUSHROOMS, DICED
PACKET OF GRAN LUCHITO CANTINA BEANS
1 SACHET OF GRAN LUCHITO CHIPOTLE ENCHILADA SAUCE
100G / 3 OZ FETA CHEESE
1 HANDFUL OF CHIVES, FINELY CHOPPED
125ML / CUP OF CREME FRAICHE OR SOUR CREAM
1 RIPE AVOCADO, SLICED
8 GRAN LUCHITO SOFT TACO WRAPS



**ORDER
ONLINE**

KCAL 114



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IN A FRYING PAN WITH OLIVE OIL, FRY THE ONION AND GARLIC OVER MEDIUM HEAT UNTIL THE ONION SOFTENS. ADD THE CORN KERNELS, COURGETTE AND CHESTNUT MUSHROOMS, THEN STIR AND LET IT COOK FOR A MINUTE OR TWO.

POUR IN HALF OF THE CANTINA BEANS SACHET AND HALF OF THE CHIPOTLE ENCHILADA SAUCE. SEASON WITH A LITTLE SALT AND FRESHLY GROUND PEPPER, AND LET IT SIMMER FOR A MINUTE, THEN REMOVE FROM THE HEAT.

FINISH YOUR FILLING BY CRUMBLING HALF OF THE FETA CHEESE ON TOP, ADDING HALF OF THE CHIVES, THEN SET ASIDE. PREHEAT YOUR OVEN TO 180°C / 350°F.

IN A BAKING DISH ADD A DRIZZLE OF OLIVE OIL AT THE BOTTOM. SPOON A GOOD AMOUNT OF THE VEGETABLE MIXTURE INTO ONE OF THE SOFT TACO WRAPS, ROLL AND PLACE INTO THE BAKING DISH, AND REPEAT THE SAME PROCESS WITH THE REMAINING TORTILLAS.

POUR THE REMAINING CHIPOTLE ENCHILADA SAUCE OVER YOUR SOFT ROLLED TACOS, CRUMBLE THE REMAINING FETA CHEESE ON TOP, AND BAKE FOR 20 MINUTES APPROX.

SERVE YOUR ENCHILADAS WITH DOLLOPS OF CREME FRAICHE, FRESH AVOCADO SLICES, AND THE REST OF THE CHIVES. ENJOY!