



# UCCOOK

## Vegetarian Mexican Enchiladas

with pickled piquanté peppers, grilled corn & black bean ragù

**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Ella Nasser

**Wine Pairing:** Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 604kj    | 3660kj      |
| Energy             | 144kcal  | 876kcal     |
| Protein            | 4.9g     | 29.9g       |
| Carbs              | 17g      | 105g        |
| of which sugars    | 3.8g     | 23.1g       |
| Fibre              | 2.3g     | 14g         |
| Fat                | 5.8g     | 35.2g       |
| of which saturated | 3.4g     | 20.8g       |
| Sodium             | 258mg    | 1562mg      |

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                          |
|----------|------------|----------------------------------------------------------|
| 1        | 1          | Onion<br><i>peel &amp; finely dice ¾ [1]</i>             |
| 180g     | 240g       | Corn                                                     |
| 15ml     | 20ml       | NOMU Mexican Spice Blend                                 |
| 2        | 2          | Fresh Chillies<br><i>deseed &amp; finely slice</i>       |
| 300g     | 400g       | Cooked Chopped Tomato                                    |
| 180g     | 240g       | Black Beans<br><i>drain &amp; rinse</i>                  |
| 60g      | 80g        | Piquanté Peppers<br><i>drain</i>                         |
| 125ml    | 160ml      | Crème Fraîche                                            |
| 8g       | 10g        | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i> |
| 45ml     | 60ml       | Lime Juice                                               |
| 6        | 8          | Wheat Flour Tortillas                                    |
| 150g     | 200g       | Grated Mozzarella & Cheddar Cheese                       |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Butter  
Seasoning (salt & pepper)

**1. READY THE RAGÙ** Preheat the oven to 200°C. Place a pot over medium heat with a drizzle of oil. When hot, sauté the onion and ½ the corn until the onion is soft and the corn is starting to char, 5-6 minutes. Add the NOMU spice blend, the chilli (to taste), and cook until fragrant, 1-2 minutes. Stir through the cooked chopped tomato and 300ml [400ml] of water. Simmer until reduced and thickened, 10-12 minutes (stirring occasionally).

**2. SALSA & HERBY CREAM** Place a pan over high heat with a drizzle of oil. When hot, fry the remaining corn until charred, 3-4 minutes (shifting occasionally). Place into a bowl and toss through ½ the black beans, the peppers, and seasoning. In a separate small bowl, combine the crème fraîche, ½ the coriander, a splash of water, and seasoning.

**3. LET'S GET ROLLING** When the ragù has 3-4 minutes remaining, stir through the remaining black beans until heated through. Remove from the heat and add a sweetener (to taste), seasoning, and lime juice (to taste). Grease a roasting tray or ovenproof dish with a little butter or oil. Spread the ragù evenly over the tortillas and roll each one up into a tube. Place on the tray and top with the cheese. Bake in the hot oven until the cheese is melted and golden, 6-8 minutes. Alternatively, air fry the tortilla tubes at 200°C until the cheese is melted and crisping up, 5-6 minutes.

**4. DINE 'O CLOCK!** Plate up the cheesy enchiladas and sprinkle over the corn and black bean salsa. Dollop over the coriander-crème fraîche and garnish with the remaining coriander. Tuck in!