



# UCCOOK

## Ta-da! Tex-Mex Enchiladas

**with pickled piquanté peppers, grilled corn & black bean ragù**

This easy Mexican vegetarian dish will knock your socks off! Spiced black bean ragù wrapped inside a delicious flour tortilla, smothered in cheese and baked until golden brown. Topped with a charred sweet corn & black bean salsa and coriander cream. Whoop!

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Ella Nasser

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Veggie

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Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

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

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)  
Sugar/Sweetener/Honey

**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 diced onion and ½ the corn until the onions are soft and the corn is starting to char, 5-6 minutes. Add the NOMU spice blend, the sliced chilli (to taste), and cook until fragrant, 1-2 minutes. Stir through the cooked chopped tomato and 300ml 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 drained black beans, the drained peppers, and seasoning. In a separate small bowl, combine the crème fraîche, ½ the chopped 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 grated cheese. Bake in the hot oven until the cheese is melted and golden, 6-8 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!



## Chef's Tip

Air fryer method: Air fry the tortilla tubes at 200°C until the cheese is melted and crisping up, 5-6 minutes.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 604kJ   |
| Energy             | 144kcal |
| Protein            | 4.9g    |
| Carbs              | 17g     |
| of which sugars    | 3.8g    |
| Fibre              | 2.3g    |
| Fat                | 5.8g    |
| of which saturated | 3.4g    |
| Sodium             | 258mg   |

## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat  
Within  
4 Days