



UCCOOK

Vegetarian Mexican Enchiladas

with pickled piquanté peppers, grilled corn & black bean ragù

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

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 1	[Serves 2]	
1	1	Onion <i>peel & finely dice ¼ [½]</i>
60g	120g	Corn
5ml	10ml	NOMU Mexican Spice Blend
1	1	Fresh Chilli <i>deseed & finely slice</i>
100g	200g	Cooked Chopped Tomato
60g	120g	Black Beans <i>drain & rinse</i>
20g	40g	Piquanté Peppers <i>drain</i>
40ml	80ml	Crème Fraîche
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
15ml	30ml	Lime Juice
2	4	Wheat Flour Tortillas
50g	100g	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, 4-5 minutes. Add the NOMU spice blend, the chilli (to taste), and cook until fragrant, 1-2 minutes. Stir through the cooked chopped tomato and 100ml [200ml] of water. Simmer until reduced and thickened, 8-10 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 2-3 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, 4-5 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!