



# UCOOK

## Vegetarian Mexican 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!

---

**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person

---

**Chef:** Ella Nasser

---

Fan Faves

---

Waterford Estate | Waterford Grenache Noir

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

1	Onion <i>peel &amp; finely dice ¼</i>
60g	Corn
5ml	NOMU Mexican Spice Blend
1	Fresh Chilli <i>deseed &amp; finely slice</i>
100g	Cooked Chopped Tomato
60g	Black Beans <i>drain &amp; rinse</i>
20g	Piquanté Peppers <i>drain</i>
40ml	Crème Fraîche
3g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
15ml	Lime Juice
2	Wheat Flour Tortillas
50g	Grated Mozzarella & Cheddar Cheese

## From Your Kitchen

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

**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, 4-5 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 100ml 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 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 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 grated cheese. Bake in the hot oven until the cheese is melted and golden, 4-5 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

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

Eat  
Within  
4 Days