



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: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Ella Nasser

Fan Faves

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

1	Onion <i>peel & finely dice ¾</i>
180g	Corn
15ml	NOMU Mexican Spice Blend
2	Fresh Chillies <i>deseed & finely slice</i>
300g	Cooked Chopped Tomato
180g	Black Beans <i>drain & rinse</i>
60g	Piquanté Peppers <i>drain</i>
125ml	Crème Fraîche
8g	Fresh Coriander <i>rinse, pick & 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
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, 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

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

Eat
Within
4 Days