



UCOOK

Cheese-crusted Beef Enchiladas

with saucy black bean ragù, corn salsa & crème fraîche

Savoury beef mince & black bean ragu cooked in aromatic spices. All of this deliciousness is rolled up in tortillas, topped with cheese, and baked until melty and golden. Scattered with a spicy corn salsa and dollops of crème fraîche, it's bound to be a big hitter!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Strandveld | Grenache

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Ingredients & Prep

150g	Free-range Beef Mince
1	Onion <i>peel & roughly dice ½</i>
5ml	Mexican Spice
100g	Cooked Chopped Tomato
5ml	Beef Stock
40g	Corn
10g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
60g	Black Beans <i>drain & rinse</i>
2	Wheat Flour Tortillas
40g	Grated Mozzarella & Cheddar Mix
30ml	Crème Fraîche

From Your Kitchen

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

1. TEX-MEX RAGÙ Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the diced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the Mexican spice and fry until fragrant, 1-2 minutes. Stir in the cooked chopped tomato, the stock, and 100ml of boiling water. Simmer until reduced and thickened, 8-10 minutes (stirring occasionally). Add a sweetener and seasoning.

2. SPICY CORN SALSA Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and add to a bowl. Add the chopped jalapeños (to taste) and the chopped coriander. Toss to combine, season, and set aside in the fridge.

3. ROLL 'EM UP When the ragù has 2 minutes remaining, stir through the drained black beans until heated through. Remove from the heat. Grease a roasting tray or ovenproof dish with butter or oil. Spread the ragù evenly over the tortillas and roll each one up into a tube. Place on the tray or dish and top with the grated cheese. Bake in the hot oven until crisping up and golden, 5-6 minutes.

4. TIME TO DINE Plate up the cheesy beef enchiladas. Sprinkle over the corn and jalapeño salsa. Dollop over the crème fraîche. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	752kJ
Energy	180kcal
Protein	8.3g
Carbs	14g
of which sugars	2.6g
Fibre	2g
Fat	9.5g
of which saturated	4.7g
Sodium	260mg

Allergens

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

Cook
within 3
Days