



# UCCOOK

## 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 hit!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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 Quick & Easy

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 Strandveld | Grenache

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## Ingredients & Prep

300g	Free-range Beef Mince
1	Onion <i>peel &amp; roughly dice</i>
10ml	Mexican Spice
200g	Cooked Chopped Tomato
10ml	Beef Stock
80g	Corn
20g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
120g	Black Beans <i>drain &amp; rinse</i>
4	Wheat Flour Tortillas
80g	Grated Mozzarella & Cheddar Mix
60ml	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, 4-5 minutes (shifting occasionally). Add the diced onion and fry until soft, 4-5 minutes (shifting occasionally). Add the Mexican spice and fry until fragrant, 1-2 minutes. Stir in the cooked chopped tomato, the stock, and 200ml 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