



Beef Enchilada

Looks Like



Ingredients

Ingredient	Quantity	Unit
Reduced Fat Yogurt base	150.00	g
CARROTS	130.00	g
COURGETTE	130.00	g
ONIONS SPANISH	250.00	g
Sysco Classic Chop Toms in Juice 2.5kg	380.00	g
Brakes Easy Cook Long Grain Rice 1x5kg	150.00	g
Sysco Classic Ground Cumin 1x400g	40.00	g
Sysco Classic Madras Curry Powder 1x500g	7.00	g
Red Kidney Beans in water 1x2.5kg	250.00	g
Cooks Co Garlic Puree 1x1.2kg	30.00	g
LaBo 10 Flour Tortillas 4x18	12.00	Each
Sysco Cl Mature White Cheddar min 4.75kg	200.00	g
Sysco Classic Tomato Paste 1x800g KC1	60.00	g
Fresh Beef Mince (Lean)	800.00	g

Preparation Notes

Method:

1. Fry the diced onion, carrots, courgette and garlic until soft.
2. Add the beef mince and cook until brown.
3. Add the spices, (these spices have been added but show minimal ingredients, please cook to your children's tastes) and cook for another 2 minutes.
4. Add the Tomatoes, kidney beans and cook for 30 minutes.
5. Boil/steam your rice.
6. Add tomato puree the meat to thicken.
7. Once meat is cooked stir in cooked rice.
8. Create a wrap and coat with yogurt & cheese.
9. Bake for 20 minutes, gas 4, 180°c.

Tip: Try putting sliced tomatoes in the bottom of your tin to stop the wraps from sticking.

Garnish with coriander leaves.

Allergen Info

CEREAL GLUTEN	Y
CRUSTACEA	N
FISH	N
MOLLUSCS	N
PEANUTS	N
SESAME SEEDS	N
SOYBEAN	Y
TREE NUTS	N
CELERY / CELERIAC	N
EGGS	N
MILK	Y
MUSTARD	Y
LUPIN	N
ADDED SULPHUR DIOXIDE	N
WHEAT	Y
BARLEY	N
RYE	N
SPELT	N
KAMUT	MC
OATS	N

Y : YES
N : NO
M/C : MAY CONTAIN
O : UNCLASSIFIED (BY MANUFACTURER/PROVIDER)