



Beef Enchilada

Looks Like



Ingredients

Ingredient	Quantity	Unit
ONIONS SPANISH	250.00	g
CARROTS	130.00	g
Brakes Red Kidney Beans in Water	250.00	g
Caterers Pride Tomato Paste 1x800g	60.00	g
Brakes Ground Cumin	40.00	g
Cooks Garlic Puree 1x1.2kg	30.00	g
Brakes Madras Curry Powder	7.00	g
Brakes Chopped Tomatoes in Tomato Juice	380.00	g
10 Inch Fully Baked Flour Tortillas	12.00	Each
Fresh Beef Mince (Lean)	800.00	g
COURGETTE	130.00	g
Reduced Fat Yogurt base	150.00	g
Brakes Mat White Ched 70082 Min4.75kg	200.00	g
Brakes Easy Cook Long Grain Rice	150.00	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	N
LUPIN	N
ADDED SULPHUR DIOXIDE	N
WHEAT	Y
BARLEY	N
RYE	N
SPELT	N
KAMUT	N
OATS	N

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