



Beef & Vegetable Enchiladas

4 servings

30 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Brown Onion (diced)
- 1 Capsicum (diced)
- 1/3 bunch Coriander (Stems and leaves roughly chopped)
- 1 Zucchini (diced)
- 500 grams Lean Beef Mince
- 1 tbsp Mexican Spice Mix
- 1 cup Enchilada Sauce
- 8 Whole Wheat Tortilla
- 120 grams Cheddar Cheese

Nutrition

Amount per serving	
Calories	648
Fat	32g
Carbs	47g
Protein	43g

Directions

- 1 Preheat an oven to 180 degrees and line a baking dish with baking paper. Heat a large non-stick frypan over medium heat. Add oil, onion, capsicum and coriander stems and cook, stirring, for 5 minutes until soft.
- 2 Add zucchini and beef and cook for another 5 -8 minutes until browned and cooked through. Then add spice mix and half the sauce and simmer for 2-3 minutes until sauce thickens. Remove from heat and season with salt and pepper.
- 3 Divide beef mixture down the centre of each wrap. Roll and place seam-side down onto the baking dish. Pour remaining sauce over enchiladas and scatter over cheese. Place oven for 5 minutes, until cheese melts.
- 4 Divide enchiladas between plate, top with coriander and serve with your favourite leafy green salad!

Notes

Leftovers: Store leftovers in an airtight container for up to 3 days.