

Beef and sweetcorn enchiladas

FAMILY BUTCHER

SERVES
4
PEOPLE

PREP
40
MINS

COOK
25
MINS



MORRISONS

Beef and sweetcorn enchiladas

❄️ FREEZE IT

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One serving provides...

622	15.2g	24g	10g	3.4g
Calories	Sugar	Fat	Saturates	Salt
31%	17%	34%	50%	57%

of your guideline daily amount

Did you know..?

FAMILY BUTCHER

Morrisons Family Butcher will be able to provide you with the exact amount of beef you need.



Ingredients

- 300g beef mince
- 1 onion, peeled and finely chopped
- 2 cloves garlic, peeled and crushed
- 35g sachet Mexican style seasoning
- 515g jar tomato pasta sauce
- 410g can red kidney beans
- 150g canned or frozen sweetcorn
- 4 flour tortillas
- 80g grated Cheddar cheese
- 2 tbsps fresh coriander leaves

To serve

- soured cream
- guacamole

3 easy steps...

1. Heat a non-stick frying pan and add the mince, onion and garlic. Fry over a high heat, stirring, until the mince browns, then add the Mexican style seasoning and half the jar of the tomato sauce. Cover and simmer for 30 minutes then add the kidney beans and sweetcorn.
2. Preheat the oven to 350°F/180°C/Gas 4. Spoon equal amounts of the filling down one side of each flour tortilla, roll up enclosing the filling, then lift into an ovenproof dish. Pour over the remaining tomato sauce. Sprinkle the cheese over and bake for 25 minutes until golden brown and piping hot.
3. Serve with fresh coriander, guacamole and soured cream.

Make it easy with...



This Morrisons non-stick frying pan is perfect for cooking your beef as you don't need to add any oil and it's easier to clean.

See our full range of cookware in store

Enjoy with a glass of...



M Morrisons Carmenera 75cl

Soft ripe and silky fruit, complex and well-balanced, with lovely chocolate and plum flavours.

drinkaware.co.uk
for the facts about alcohol

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