



SPICY BEAN VEGAN ENCHILADAS

Prep. time 10 minutes | Cooking time 40 minutes | Pre-heat 190°C | Serves 2

Another Mexican vegan treat, these spicy enchiladas make use of our Edam style Sheese to deliver a wealth of flavours with just a little kick

Ingredients

1 teaspoon coconut oil
1 small onion, diced
Large handful of mushrooms, chopped
1/2 teaspoon crushed garlic
1 teaspoon smoked paprika
1 teaspoon paprika
1/2 teaspoon oregano
1/2 teaspoon mixed herbs
Pinch of chilli flakes
Black pepper and salt
1 tablespoon coconut amino sauce
2 handfuls kale, shredded
1/2 can chickpeas, drained
1/2 can kidney beans, drained
1 can chopped tomatoes, whizzed in a blender until smooth
2 tablespoons tomato puree
Fresh parsley, chopped
100g Bute Island Edam Style Sheese, grated
4-6 corn tortillas



Cooking Method

Preheat the oven to 190 degrees and have a deep square or rectangular dish ready.

Heat the coconut oil in a large pan and cook the onion, mushrooms and garlic for a few minutes.

Stir in the spices, herbs, chilli flakes, seasoning and coconut amino sauce and continue cooking and stirring on a medium heat for about 10 minutes.

Add the kale, drained beans, 1/3 of the blended chopped tomatoes and tomato puree. Cook for a further 5 minutes then remove from the heat and stir in fresh chopped parsley and 1/3 of the grated Sheese.

Meanwhile, spread another 1/3 of the blended chopped tomatoes at the bottom of the dish to cover. Prep the corn tortillas according to packet instructions then spoon a little of the filling inside each, wrapping well then placing wrap-side down and repeat.

Now pour over the remaining tomato sauce, sprinkle the rest of the Sheese then bake for about 15 minutes until golden and bubbling.