

Beef Enchiladas

- 150g of minced beef
- 1 small onion
- 50g of grated cheese
- 1 clove of garlic
- 1 tablespoon of red kidney beans (provided by the school)
- 1 tin chopped tomatoes
- 2 tortilla wraps

Method

1. Finely chop the onion, garlic, chilli, and celery
2. Heat the oil in a wide frying pan. Add the beef and stir-fry overheat for 4–5 minutes, breaking up it with a wooden spoon so it doesn't form clumps and browns well.
3. Add the onion, garlic, chilli and celery and stir-fry for 3–4 minutes.
4. Add the stock cube and add the chilli paste, kidney beans and tomatoes. Bring to a boil and reduce the heat to medium–lower for 10 minutes, or until thickened, stirring from time to time. Stir in the coriander and season well.
5. Preheat the oven to 220C/200C Fan/Gas 7. Lightly oil a shallow ovenproof dish (approximately 20x30cm/8x10in).
6. To assemble, lay the tortillas on a clean work surface, divide the beef mixture down the centre of each one, then roll up to seal. Place the stuffed tortillas carefully in the prepared dish, seam-side down, to fit snugly.
7. Scatter over the jalapeños and then the cheese. Cover the dish with foil and bake for 10 minutes, then remove the foil and bake for another 10 minutes, or until lightly golden and bubbling.

