

Less than 45 minutes

Serves 4

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Ingredients:

Filling:

- 1/2 cup olive oil
- 1 onion, finely chopped
- 1 each red and green pepper, finely chopped
- 2 cloves garlic, chopped
- 1 tsp (5ml) cumin seeds
- 1 tsp (5ml) each ground cumin, ground coriander, dried oregano and smoked paprika
- 2 cans (400g each) kidney beans
- 3 uncooked mielies, kernels removed
- 1 jalapeño, chopped + extra for serving
- Handful fresh coriander, chopped
- Juice (60ml) and grated peel of 2 limes
- Salt and milled pepper

Sauce:

- 2 cloves garlic
- 2 cans (400ml) whole peeled tomatoes
- 8 medium flour wraps
- 2 cups (500ml) grated mozzarella
- Sour cream, for serving

Method:

1. Heat oil in a pan and sauté onion, peppers and garlic until soft.
2. Add seeds and spices and stir-fry for a minute.
3. Remove from heat.
4. Add remaining filling ingredients and mix well.
5. For sauce, blitz garlic and tomatoes until smooth and season.

6. Spread half the sauce onto the base of a baking dish.
7. Divide filling between wraps and roll to enclose.
8. Place enchiladas in the baking dish.
9. Top with remaining sauce and scatter with mozzarella.
10. Bake at 180°C for about 30 minutes or until golden.
11. Serve topped with extra jalapeños and sour cream on the side.