

CHICKEN & BLACK BEAN ENCHILADAS WITH MEXICAN RICE



This weeks recipe of the week is a family favourite....Chicken & Black Bean Enchiladas. A traditional Mexican dish that is perfect for a family meal anytime of year.

Ingredients:

Enchiladas

1 clove of *garlic* (crushed)

500g *chicken fillets* chopped into cubes

1 *large red onion* chipped into large pieces

2 tablespoons *olive oil*

1 cup of *black turtle beans* (soaked overnight and cooked for 30 minutes)

pinch of *salt*

1/2 teaspoon *sweet paprika*

1 teaspoon *cumin*

1/2 teaspoon *oregano*

1/2 teaspoon *chilli flakes*

1 teaspoon *coriander*

1 cup of *tomato pasatta*

1 tablespoon *tomato paste*

1 packet of *whole mini wraps*

1 cup of freshly *grated cheese*

Sauce

1 bunch of *coriander*

2 *tomatoes chopped*

1/2 cup *pasatta*

1 tablespoon *jalapeno slices* and juice

2 tablespoons *sour cream*

Method:

1. Saute the onion and garlic in olive oil until soft and then add the chicken.
2. Mix all the spices together in a small bowl and then add to the chicken and onion mixture. Stirring for about 3 minutes on medium heat.
3. Add the pasatta and tomato paste and mix through.
4. Add the cooked black turtle bean and stir again.
5. Cook on medium for another 5 minutes then remove from the heat and allow to cool.
6. Place the wraps on a bench top and scoop some of the chicken mixture into the centre of the wrap from one end the to other.
7. Roll up the wrap and place in a baking tray seam end down.
8. Prepare your sauce by adding all of the ingredients into a blender or food processor and whizzing until creamy.
9. Spoon the sauce liberally over each enchilada and sprinkle with grated cheese.
10. Heat the oven to 190°C and bake the enchiladas for 20 minutes. Serve hot. Enjoy.

See Mexican Rice recipe to accompany this dish here