



Beef & Bean Enchilada Bake

Ingredients

- 1 pkt MAGGI Your meal your way Chilli Con Carne
- 1 tbsp Olive Oil
- 1 Med (240g) onion
- 500 g Lean minced beef
- 1 Can Red kidney beans, rinsed and drained
- 8 servings Tortillas, wholegrain
- 1 Bunch Chopped Coriander
- 300 g jar salsa
- 1.33 cups Grated Tasty Cheese
- 1 Avocado, mashed
- 0.33 cup Sour Cream

Instruction

1. Preheat oven to 180°C/160°C fan-forced. Grease a 5cm-deep, 20cm x 30cm (base) ovenproof dish.
2. Heat oil in a large frying pan over medium-high heat. Add onion and cook for 2-3 minutes. Add mince, cook, stirring for 3-4 minutes to break up any lumps. Add MAGGI Your Meal Your Way Chilli Con Carne, beans and coriander; cook for 2 minutes or until heated through.
3. Heat tortillas following packet directions. Place 1 tortilla on a board. Spoon 1/8 of the beef mixture along centre. Roll up to enclose filling. Place in prepared dish. Repeat with remaining tortillas and beef mixture. Spoon salsa around edge and over centre of enchiladas, sprinkle with cheese. Bake for 25 minutes until golden and heated through.
4. Serve with corn, top with mashed avocado and sour cream. Garnish with extra coriander.

Nutrition

Carbohydrates	32.3 g
Energy	429.29 kcal
Fats	19.46 g
Protein	26.94 g
Sugars	4.83 g

0 Minutes

8 portions