



Lentils for Life Cooking Session



Mexican Enchiladas

INGREDIENTS

- 1/2 tin black beans
- 1/2 tin lentils
- 1 tin chopped tomatoes
- 3-4 tsp Fajita seasoning
- 3 tortilla wraps
- 70g cheddar

NOTES

The taste and texture of black beans are perfect for this but you can use any tinned beans.

DIRECTIONS

1. Drain and rinse the black beans and lentils and add them to a pan with the tinned tomatoes and fajita seasoning.
2. Simmer everything for about 10 minutes.
3. Divide the mixture down the centre of each of the wraps and carefully roll them up.
4. Place the rolled up wraps in a lightly greased oven proof dish and grate the cheese on top.
5. Bake in the oven at 180°C for about 20-30 minutes until the cheese is melted and the tortillas have started to crisp.

2 servings
495 kcals/portion
12.5g Fibre/portion

