



Food for Thought Recipe and Allergen Card

Mexican Enchilada Tray Bake

50 Portions

Ingredient	Hannah Product Code	Quantity
Tortilla Wraps		24
Onion		5 Onion Diced
Fresh Garlic		1 Bulb or Equivalent Puree
Mixed Peppers		6 Peppers Diced
Tinned Chopped Tomatoes	D002052	2 Tins
Grated Cheese		500 grams
Vegetable Oil	D001023	50ml
Cajun Spice Powder		3 Tbsp
Fresh Coriander		Handful Chopped
Sour Cream		
Baked Beans or Kidney Beans (Drain)	D002071	1 Tin
Salt & Pepper		To Taste

RECIPE METHOD

1. Heat the oil in a pan. Fry the Onion, Garlic, Mixed Peppers until soft.
2. Add Cajun Spice, mix in and add Chopped Tomatoes & Beans (Drain), season & cook 10mins.
3. In a quiche dish, put a ladle of mix at the bottom, add a sprinkle of cheese and sour cream and place a tortilla on top.
4. Repeat the process with 3 or 4 more tortillas.
5. Add some cheese to the last tortilla and bake for 15-20 mins.
6. Finish with sour cream and chopped coriander on top.

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...