



Food For Thought Recipe and Allergen Card

Spicy Quorn Mince Enchiladas

50 Portions

Ingredient	Hannah Product Code	Quantity
Quorn Mince		5kg
Carrots	C003001	2kg
Peppers	F010143	2kg
Onion	C003011	3kg
Celery	C003022	1kg
Fresh Garlic (chopped)	C003076	2 cloves
Olive Oil	D001010	For roasting and glazing
Cheddar Mozzarella Mix	C000042	2 kg
Wraps (10 inch)	F001820	50
Tomato Sauce	As per FFT Recipe	4 litres

RECIPE METHOD – ALLERGENS

1. Heat the Olive oil in a large heavy bottomed pan and begin roasting the diced vegetables in olive oil seasoning with salt and pepper.
2. Add in the Quorn mince and continue to cook.
3. Add the tomato sauce keeping some back for topping the enchiladas later.
4. Season the mixture to taste adding chilli powder until the heat is correct.
5. Once the filling has the correct seasoning and heat, add the mixture to the wraps and fold. Place the wraps on an oiled baking tray.
6. When the tray is filled, top the wraps with tomato sauce and garnish with cheese.
7. Bake in the oven for around 15 minutes or until the core temperature is over 75 degrees for 2 minutes.
8. Serve immediately.

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