



# Food For Thought Recipe and Allergen Card

## Vegetable and Rice Enchiladas

### 50 Portions

Ingredient	Hannah Product Code	Quantity
10 " Flour Tortillas	F001820	50
Easy Cook Rice	D006044	600g
Chick Peas	D0014966	3 600g tins
Vegetables (Cooked)	Selection	1kg
Cajun Seasoning	D001091	To taste
Tomato Sauce	As per FFT Recipe	4 litres
Cheddar Mozzarella Mix	C000042	2kg

#### RECIPE METHOD – **ALLERGENS**

1. Cook the rice, drain
2. Add the chick peas and vegetables
3. Season with Cajun spice to taste
4. Roll in tortilla wraps and arrange in a baking dish
5. Pour over the hot tomato sauce
6. Sprinkle with mozzarella and cheddar cheese
7. Bake in the oven for 25 minutes or until 75°C

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...