

# DINNERLY



## Cheesy Chipotle Enchiladas with Rice and Avocado

 20-30 minutes  4 Servings

Make your meat-free weeknight Mexican with enchiladas. Filled with rice, capsicum and a smoky tomato sauce, they're a little bit spicy, a little bit saucy and deliciously cheesy.

## WHAT WE SEND

- 300g jasmine rice
- 2 capsicums
- 2 avocados
- 100g cheddar <sup>7</sup>
- 40g chipotle in adobo sauce <sup>6</sup>
- 2 x 390g diced tomatoes
- 8 flour wraps <sup>1,6</sup>

## WHAT YOU NEED

- garlic clove
- sugar
- olive oil
- tomato paste

## TOOLS

- sieve
- medium saucepan with lid
- box grater
- 2L (8 cup) baking dish
- medium saucepan
- large frypan

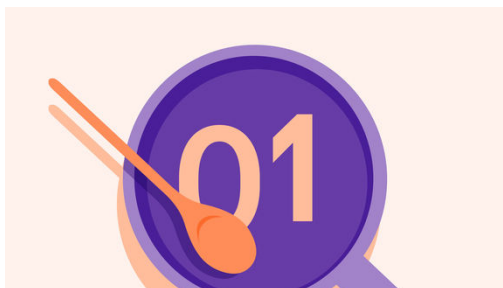
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

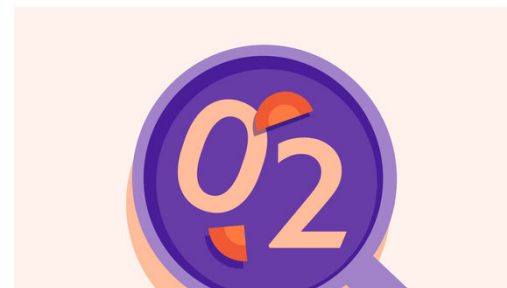
## NUTRITION PER SERVING

Energy 1040kcal, Fat 37.7g, Carbs 142.5g, Proteins 27.0g



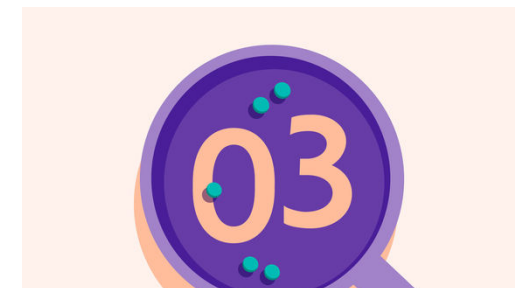
### 1. Cook rice

Preheat the oven to 220C. Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



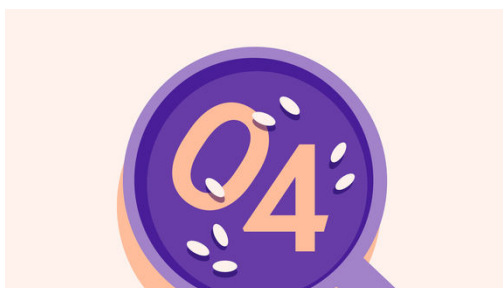
### 2. Prep ingredients

Meanwhile, crush or finely chop **2 garlic cloves**. Cut the **capsicums** into 2cm chunks, discarding the seeds and membrane. Finely chop the **avocado**. Coarsely grate the **cheese**. Lightly grease a 2L (8 cup) baking dish.



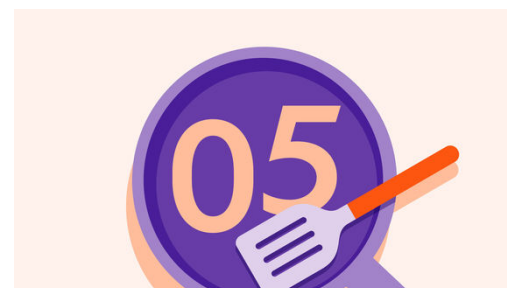
### 3. Make sauce

Put the **chipotle** (see Make it yours), **tomatoes** and **2 tsp sugar** in a medium saucepan over medium-high heat and cook, stirring occasionally, for 5 mins or until thickened. Remove from the heat and season with **salt and pepper**.



### 4. Make rice filling

Meanwhile, heat **1 tbs olive oil** in a large frypan over medium heat. Cook the **garlic** and **capsicum**, stirring, for 1 min. Add **60ml (¼ cup) tomato paste** and **125ml (½ cup) water**. Bring to a simmer, then cook for 5 mins or until thickened. Stir in the **rice** and season with **salt and pepper**. Remove the pan from the heat.



### 5. Bake and serve up

Put the **wraps** on a clean work surface and spread each with **1 tbs sauce**. Spread **rice filling** and **half the cheese** down centre, roll to enclose, then put in the baking dish, seam side down. Cover with **remaining sauce** and scatter with **remaining cheese**. Bake for 10-12 mins until golden and bubbling. Divide **enchiladas** among plates, then scatter over the **avocado**.



### 6. Make it yours

Chipotle is a smoky Mexican condiment with a chilli kick, so reduce by half (or more) if there are kids around, or if you aren't a big chilli fan.