

Enchiladas



Ingredients

Tortilla

Tomato Sauce (see recipe)

Pepper

Vegetables such as spinach, cauliflower

Coriander

Cream Cheese

Onion

Equipment

Frying Pan

Chopping board

Knife

Wooden Spoon

Grater

Spatula

Oven tray

Wooden spoon

Plate

Oven Gloves

Method

1. Turn on the oven to 180 degrees
2. Grate the cheese
3. Cut the vegetables
4. Chop the onions
5. Wash the spinach
6. Heat the oil in a frying pan and fry the onions on a low heat until translucent
7. Add the vegetables and cook for 2 minutes
8. Then add a little water and cook until tender
9. Add the mixture in the centre of the tortilla, wrap.
10. Pour over the sauce (made earlier) and sprinkle the cheese
11. Put in the oven and bake for approx. 5 minutes, remove and serve.