



flex it

For the meat-eaters in the house, add 300g (10oz) of cooked beef mince to the vegetable mix before filling the tortillas.

VEGETABLE ENCHILADAS

with roasted tomato sauce

SERVES 4

PREP 20 MINS

COOK 1 HR 40 MINS

4 tbsp **extra virgin olive oil**
 550g (1¼lb) **small tomatoes**,
 such as Campari, cut in half
 2 **red peppers**, deseeded,
 and cut into 2.5cm (1in) strips
 1 tsp **sea salt**
 ½ tsp **dried oregano**
 480ml (16fl oz) **vegetable stock**
 3 tbsp **chilli powder**
 1 large **onion**, finely chopped
 2 **poblano chilli peppers**,
 deseeded and finely chopped
 2 **garlic cloves**, finely chopped
 2 large **courgettes**, cut into 1cm
 (½in) dice
 450g (1lb) **roasted sweetcorn**
kernels, or regular **frozen**
sweetcorn kernels
 1 x 400g (14oz) can **black beans**,
 rinsed and drained
 2 tbsp finely chopped
coriander leaves
 16 x 15cm (6in) **tortillas**
 60g (2oz) shredded **plant-based**
Cheddar-style cheese (optional)

1 Preheat the oven to 190°C (375°F/Gas 5). Lightly coat a 23 x 33cm (9 x 13in) baking dish with a little of the olive oil. Place the tomatoes in the baking dish, and toss with 2 tablespoons of the olive oil, red pepper strips, ½ teaspoon of the salt, and oregano. Roast for 1 hour, stirring occasionally, and cool slightly.

2 Purée the tomato mixture, vegetable stock, and chilli powder in batches in a blender or a food processor. Set aside.

3 Heat the remaining oil in a wide frying pan over a medium-high heat. Add the onion and poblano chillies, and cook, stirring occasionally, for 4–5 minutes, adjusting the heat as necessary. Add the garlic, and stir for 1 minute. Add the courgettes, and cook for 4–5 minutes or until the vegetables are golden. Stir in the corn, and cook for 1 or 2 minutes. Stir in the black beans, coriander, remaining salt, and 120ml (4fl oz) of the reserved sauce. Remove from the heat.

4 Spread 120ml (4fl oz) of the sauce on the bottom of the dish. Spoon about one-twelfth of the filling into the centre of 1 tortilla, filling it generously. Roll, and set in the dish. Repeat with the remaining tortillas and filling, fitting tucking them in snugly. Pour over the remaining sauce, lightly covering the enchiladas with the edges exposed, and sprinkle with cheese (if using). Cover with foil, and bake for about 40 minutes or until hot and bubbling. Serve immediately.

the good stuff

If you can handle the heat, hot chillies are beneficial for health; the capsaicin they contain is thought to have powerful anti-cancer properties.

