



VEGGIE ENCHILADAS

with Poblano Peppers and DIY Enchilada Sauce

VEGGIE



HELLO

ENCHILADAS

Comes from the Spanish word 'enchilar', which means 'to add chili peppers to something'

PREP: 10 MIN

TOTAL: 35 MIN

CALORIES: 833



Veggie Ground Round



All-Purpose Flour



Mexican Seasoning



Vegetable Broth Concentrate



Onion, sliced



Poblano Pepper



Flour Tortillas, 6-inch



Monterey Jack Cheese, shredded



Roma Tomato



Lime



Baby Gem Lettuce



Honey



Cilantro

BUST OUT

- Small Pot
- Zester
- Medium Pan
- Whisk
- 8x8 Baking Dish
- Salt
- Large Bowl
- Pepper
- Measuring Cups
- Olive or Canola oil
- Measuring Spoons

INGREDIENTS

2-person

- Veggie Ground Round 1,4 **1 pkg (340 g)**
- All-Purpose Flour 1 **1 pkg (1 tbsp)**
- Mexican Seasoning **1 pkg (2 tbsp)**
- Vegetable Broth Concentrate **1**
- Onion, sliced **1 pkg (56 g)**
- Poblano Pepper **85 g**
- Flour Tortillas, 6-inch 1 **6**
- Monterey Jack Cheese, shredded 2 **1 pkg (56 g)**
- Roma Tomato **130 g**
- Lime **1**
- Baby Gem Lettuce **1**
- Honey **1 pkg (1 tbsp)**
- Cilantro **1 pkg (10 g)**

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

START STRONG

Preheat your **broiler** to high (to broil the enchiladas). Poblano peppers have some mild heat to them, so sneak a quick taste before deciding whether you want to add them all to your pan!



1 MAKE ENCHILADA SAUCE Heat a small pot over medium heat. Add a drizzle of **oil**, then sprinkle over the **flour**. Stir until the mixture looks pasty. Add **half pkg Mexican seasoning**, **½ pkg broth concentrate** and **½ cup water**. Bring to a boil, then reduce the heat to medium-low. Cook, stirring, until the sauce is slightly thickened, 1-2 min. Remove from the heat.



4 BAKE ENCHILADAS Drizzle the tops of the **enchiladas** with the **remaining sauce**. Sprinkle with the **cheese**. Broil in the centre of the oven until the cheese melts, 3-4 min.



2 COOK FILLING **Wash and dry all produce.*** Core and thinly slice the **pepper**. Heat a medium pan over medium-high heat. Add a drizzle of **oil**, then the **onion** and peppers. Cook, stirring often, until the peppers are tender-crisp, 4-5 min. Stir in the **ground round** and **remaining Mexican seasoning** for 2 min. Stir in **half the sauce**.



5 MAKE SALAD Meanwhile, cut the **tomatoes** into ½-inch cubes. Zest, then juice the **lime**. Slice the **baby gem** into thin strips. In a large bowl, whisk together the **honey**, **2 tbsp lime juice**, **half the lime zest** and a drizzle of **oil**. Season with **salt** and **pepper**. Toss in the baby gem and tomatoes.



3 ASSEMBLE ENCHILADAS Spray or wipe an 8x8-inch baking dish with a drizzle of **oil**. Place the **tortillas** on your counter. Divide the **veggie mixture** between the tortillas. Roll each of the tortillas up to close. Place, seam-side down, in the prepared baking dish.



6 FINISH AND SERVE Roughly chop the **cilantro**. Divide the **enchiladas** and **salad** between plates. Sprinkle with the cilantro.

CONGRATS!

Now you know how to make homemade enchilada sauce!