

Veggie Enchiladas

Ingredients

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- 1 tsp oil
- 2 onions, finely chopped
 - 4 carrots, grated
 - 2 tsp chilli powder
- 2 x mixed beans in sauce
 - 6 small wraps
 - 100g natural yoghurt
- 50g mozzarella, grated (pop in freezer for 15 minutes to make it easier to grate) or stick to cheddar cheese if you have it.

Method

1. Heat the oil on a pan, add your onions and carrots and fry until soft (approx 5 minutes) add the chilli powder and stir, add in a dash of water if spice starts to stick.
2. Add your beans, bring to the boil before reducing the heat and simmering for 8 minutes or until the sauce has thickened, stir frequently.
3. In an ovenproof dish, spread a spoonful of the bean mix around the base.
4. Grab a wrap and add a couple of heaped spoonfuls of the mixture. Fold the sides in and roll the wraps up, form a seal.
5. Repeat step 4 for all the wraps and arrange in your ovenproof dish. Use any remaining mixture to coat the wrapped and filled wraps.
6. In a bowl, combine your yoghurt and grated cheese. Spoon this over the top of the enchiladas.
7. Grill for a few minutes until golden in colour.

The Finer Details

Per Portion
460 Calories
20g Protein
57g Carbs
12g Fat
