

Enchilada's by Thomas

Veggie Bag -

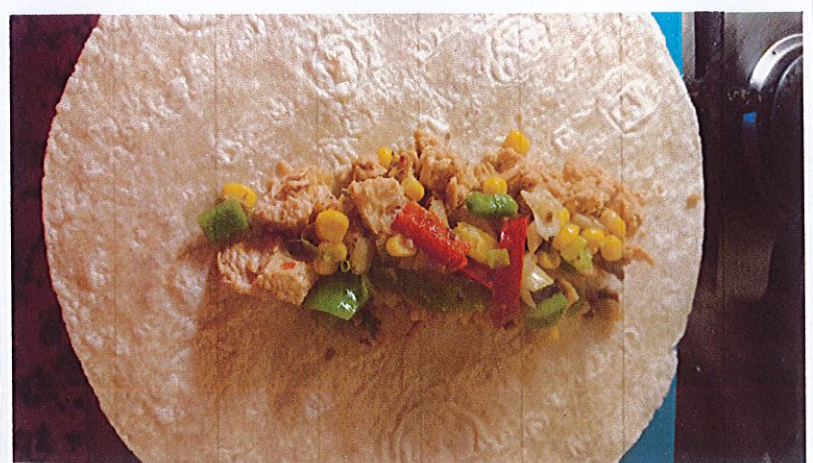
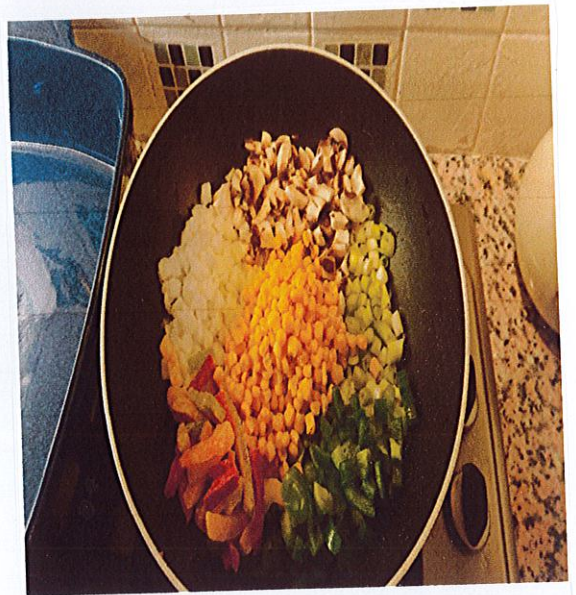
- 1 Tin of chopped Tomatoes
- 1 Tin of Sweetcorn
- 8-10 Mushrooms
- 6 Spring Onions
- 1 Green Pepper

Extra Ingredients

- 5 Chicken Breasts
- 1 Cup of frozen onion
- ½ Cup Frozen Peppers
- Fajita mix
- 10 wraps
- 2 cups of cheese
- ½ a carton of passata sauce
- 2 tbsp tomato puree
- 1 tsp italian herbs
- 1 teaspoon of garlic oil
- 1 bag of ready made salad

METHOD

1. Dice your chicken breasts into small chunks and mix with fajita mix and place on a medium heat until cooked.
2. pre-heat oven to 190 degrees celsius.
3. Chop all veg .
4. In a wok , cook all the veg including the frozen onions and peppers.
5. Into a bowl , pour your chopped tomatoes and tomato puree , tomato passata and italian herbs mix well.
6. prepare your salad into a dish.
7. once veg is cooked, place a spoonful of the mixture into a wrap along with a spoonful of your cooked chicken , place into a large ovenproof dish
8. Pour over your tomato sauce and sprinkle with cheese
9. place tray into the oven and bake until the cheese is melted (be careful it will be **HOT**),
10. plate your enchiladas and with a side of your choice, we choose salad
11. **And serve !**



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