



IN THE KITCHEN

Chicken and bean enchiladas

Ingredients:

- 1 tablespoon of vegetable oil
- 1 red onion (chopped)
- 1 garlic clove (crushed)
- 1 tablespoon of fajita seasoning
- 2x395g cans of kidney beans in chilli sauce
- 2 roast chicken legs (meat shredded off the bone)
- 1x195g can of sweetcorn (drained)
- 8 flour tortillas
- 140g of hard cheese (grated)

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You'll also need:

- A frying pan
- An ovenproof dish

Method:

- Preheat your oven to 180°C/Fan
160°C/Gas 4
- Heat the oil in a frying pan and cook the onion and garlic for 5 minutes
- Stir in the fajita seasoning and cook for 1 minute more
- Add the kidney beans, chicken and sweetcorn
- Divide the mixture between the tortillas
- Sprinkle over half the cheese
- Roll up the tortillas and place into a baking dish
- Sprinkle over the remaining cheese
- Bake in the oven for 20-25 minutes until golden and bubbling

TOP TIP:

Use what your family enjoy or what you have in your cupboard

