

Vegetable Enchiladas -10 portions

Ingredients

10 Small Wraps

½ Onion

100gm Red Lentils

1 Tin Tomatoes

1 tsp Mixed Herbs

1 tsp Chilli Powder

100gm Grated Cheese

1 Courgette

2 Peppers

1 tsp Garlic Puree

Method

1. Pre-cook the red lentils and drain.
2. Dice all vegetables and fry.
3. Mix the vegetables with the lentils, garlic, herbs and spices.
4. Add 2 tbsp. of chopped tomatoes to the mix.
5. Place vegetable mix into wraps and roll.
6. Place in a baking tin.
7. Pour over remaining tomatoes.
8. Sprinkle with cheese.
9. Cook until golden brown.

