

# Cheesy Beef Enchiladas

## Ingredients

### For the sauce

- 1 onion
- 1 tbsp vegetable or sunflower oil
- 1/2-1 tbsp chilli powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 2 x 400g tins of chopped tomatoes

### For the filling

- 1 onion
- 1 garlic clove
- 1 fresh green chilli (optional)
- 1 tsp sunflower or vegetable oil
- 500g beef mince
- Salt and pepper

### For the finished dish

- 300g Cheddar cheese
- 6 soft corn or wheat tortillas
- 4 spring onions
- 60g pitted black olives

## Method

### To make the sauce

1. Peel and roughly chop the onion.
2. Place a large saucepan over a medium heat and add the oil. When it is hot, add the chopped onion and cook for about 5 minutes until soft and beginning to turn golden brown.
3. Add the chilli powder, cumin and oregano and stir over the heat for about 2 minutes or until everything begins to smell herby and spicy.
4. Stir in the tinned tomatoes and cook for 10 to 12 minutes until the sauce begins to thicken a bit.

### To make the filling

1. Start by peeling and chopping the onion and peeling and crushing the garlic in a garlic crusher. Chop the chilli, if using
2. Put the oil into a large frying pan over a high heat and when it is hot, add the minced beef, chopped onions, crushed garlic and chilli, if using. Break the solid mince into small bits with a wooden spoon and cook for 5 to 10 minutes, stirring all the time, until the mince has all turned brown and the onion has softened.

### To assemble the finished dish

1. Heat your oven to 200 C/180 C fan/gas mark 6. Grate the Cheddar cheese, being careful not to grate your fingers!
2. Spread about 4 tablespoons of the tomato sauce on the bottom of a large oven-proof baking dish.
3. Lay out the tortillas and divide the mince between each one, piling it in a line in the middle, then roll the tortillas up so the filling is trapped inside.
4. Carefully put the tortilla rolls into the dish with the join underneath so they are snug and ready for cooking.
5. Pour the rest of the tomato sauce over the top then sprinkle with the Cheddar cheese.
6. Put into the hot oven for about 20 minutes until the cheese is all golden and bubbling and everything is really hot.
7. While the enchiladas are cooking, slice the spring onions and olives.
8. Remove the baking dish from the oven and scatter over the sliced spring onions and olives before serving.



**Remember!**

Always ask an adult for help when using hot, sharp or heavy objects in the kitchen.

matilda  
and the  
Ramsay bunch