

# Vegetarian Black Bean Enchiladas

## Ingredients:

- 1 red, 1 green capsicum- de-seeded and diced
- 1 cup corn
- olive oil
- 200g black beans drained and rinsed
- 200g refried beans
- 1 teaspoon ground cumin
- ¼ teaspoon chilli powder
- 4 spring onions- finely sliced
- ½ a bunch of fresh coriander
- 1 lime- juiced
- 2 cloves of garlic
- 1 x 400g tin crushed tomatoes
- 8 medium corn tortillas (GF wrap sub)
- 1 ½ cups grated cheese (bio Cheese sub)

## Equipment:

- Knife
- Chopping board
- Measuring cup
- Measuring spoons
- Large frying pan
- Wooden spoon
- Mesh strainer
- Juicer
- Medium saucepan
- Garlic press
- Medium bowl
- Paper towel
- Baking dish



## Method:

1. Preheat the oven to 200°C and collect/prepare all of your ingredients
2. Place a frying pan over medium heat and add 2 tablespoons of olive oil. Add the capsicums and corn and fry for 2-3 minutes.
3. Add the black beans and refried beans, stir in the cumin/chilli powder and fry for another 2-3 minutes, stirring occasionally. Turn the heat off.
4. Add the spring onions to the mix. Dice and add most of the coriander leaves, reserving the stalks.
5. Squeeze in the lime juice and season well with sea salt and black pepper. Mix to combine. Set aside while you make the sauce
6. Place a medium saucepan on medium heat with 1 tablespoon of oil.
7. Mince the garlic and finely slice the coriander stalks, then add them to the saucepan and cook for 1 minute.
8. Stir in the tomatoes and ½ a tin's worth of hot water. Bring to the boil, reduce the heat to medium-low and simmer for 5 minutes, or until thickened and reduced. Season with salt and pepper.
9. Divide the vegetable mixture between 8 corn tortillas and roll them up. Line them up in a snug-fitting baking dish, with the ends tucked underneath.
10. Pour over the tomato sauce and spread the grated cheese over the top
11. Drizzle with a little oil, then pop in the hot oven for 25 minutes, or until bubbling and golden.

# Apple Crumble

## Ingredients:

### Filling:

- 5 medium Apples- peeled, cored and cut into 2cm dice
- 1/2 cup caster sugar
- 2 tablespoons lemon juice
- 1 teaspoon ground cinnamon

### Crumble Topping:

- 1 1/2 cups plain flour (GF sub)
- 3/4 cup caster sugar
- 1 teaspoon ground cinnamon
- 1 cup rolled oats (Quinoa flakes sub for GF)
- 225g unsalted butter- melted (Nutelex sub DF)

## Equipment:

- Peeler
- Knife
- Chopping board
- Measuring spoons
- Measuring cups
- Mixing spoon
- Mixing bowl
- Oven proof baking dish
- Large baking tray



## Method:

1. Preheat oven to 180 degrees Celsius and collect/prepare your ingredients.
2. Make the filling by placing the apple, sugar, lemon juice and cinnamon into a large bowl and mixing to combine.
3. Transfer the filling to a 1.5 litre capacity ovenproof dish.
4. Now make the crumble filling by placing the flour, sugar, cinnamon, oats and butter into a large bowl and mixing until combined.
5. Sprinkle the crumble mixture over the apple filling.
6. Bake for 40-45 minutes or until the crumble is golden and the apples are soft.
7. Serve with ice-cream (DF Ice-cream sub). (Serves 6)