



## CHICKEN ENCHILADAS



Serves 2  
Calories 500

### Ingredients

- 1 medium onion, finely diced
- 1 red pepper, finely diced
- 1 green pepper, finely diced
- 100ml chicken stock
- ¼ tsp garlic powder
- 150g crushed tomatoes
- 2 fresh tomatoes, chopped
- 200g cooked chicken (left over from Sunday roast chicken)
- 400g can of black beans, drained & minced
- 2 wholemeal wraps
- 10g grated cheddar cheese
- Small bunch fresh coriander, roughly chopped
- 1 tsp chilli powder
- ¾ tsp ground cumin
- 1 tsp plain flour
- 1 tbsp balsamic vinegar, if desired

### Method

- Combine onion, flour, chilli, cumin and garlic powder. Add crushed tomatoes and chicken stock and stir
- Bring to the boil over a high heat and cook for 2-5 minutes until sauce has thickened
- Remove 1/3 cup of the sauce mixture and set aside



Add the cooked chicken (leftover from yesterday) and beans to the pot. Cook until the chicken is heated through

Place wraps in a microwave and heat for 10 - 20 seconds

Remove wraps and place on an oven proof plate or dish

Spoon half the chicken mixture onto the centre of each wrap and roll up

Top wraps with reserved sauce and cheese and place under a hot grill until the cheese has melted and slightly browned

Combine the fresh tomatoes and chopped peppers in a bowl

Drizzle with balsamic vinegar, if using

Top with fresh tomato and pepper mix and coriander to serve