



Enchilada (OP W)

Serving: 1

Veg

Ingredients

- Serves 1
- -1 Whole wheat/ multigrain tortilla roti
- For the filling
- - $\frac{1}{4}$ tsp oil
- - $\frac{1}{2}$ medium sized onions, sliced
- -2 cloves, chopped
- - $\frac{1}{2}$ medium sized chopped capsicum
- -1 tbsp baked beans
- - $\frac{1}{4}$ tsp red chilli flakes
- - $\frac{1}{4}$ tsp mixed herbs
- -1 tbsp paneer
- For sauce
- - $\frac{1}{4}$ tsp olive oil
- -2 cloves garlic, chopped
- -2 tomato, pureed
- - $\frac{1}{4}$ tsp red chilli flakes
- - $\frac{1}{4}$ tsp oregano
- - $\frac{1}{2}$ tsp grated mozzarella cheese

Preparation Method

- For the filling
- 1. Heat the oil in a non-stick pan over medium flame; add onions and saute on medium flame for 2 to 3 minutes.
- 2. Add the garlic and green capsicum and cook till onions turns brown. Add the baked beans, red chilli flakes and mixed herbs and mix well and cook till almost dry.
- 3. Preheat the oven to 200C.
- For the sauce
- 1. Heat the oil, saute the garlic on a medium flame for 2 minutes.
- 2. Add pureed tomatoes, red chilli flakes, oregano and cook till the mixture reaches a sauce consistency.
- How to proceed
- 1. Place a tortilla in a baking dish, spread some filling in the center and top with paneer.
- 2. Roll the tortilla. Drizzle the tomato sauce over. Add grated mozzarella cheese on top
- 3. Place the dish in a preheated oven and bake till the cheese melts. Serve hot.