

BirdsEye

FOODSERVICE

GREEN CUISINE

powered by plants

**MINI ENCHILADAS
WITH CHICKEN-FREE
DIPPERS**





MINI ENCHILADAS WITH CHICKEN-FREE DIPPERS

Recommended Age Group:
Infants 5 - 7 years old

Chopped Dippers with a mild enchilada sauce rolled in mini corn tortillas topped with sauce, sweetcorn and cheese – baked and served with sweet potato wedges and a sour cream dip pot.

INGREDIENTS

Green Cuisine Chicken-Free Dippers 2 x dippers per portion

• Mini Tortillas – 1-2 per serving (approx 20 per gastro tray)

To Make the Enchilada Sauce

- 200g Diced Onion
- 2 x Minced Garlic Cloves
- 100g x Tomato Puree
- Half a sachet of MILD “Tex Mex” flavour i.e. Chilli Spice / Fajita Spice – to deliver the depth of BBQ back flavour
- Diced Peppers 1x Yellow, Orange & Red
- 1 litre x Tomato Passata
- 2 x tin Chopped Tomatoes
- 15g Olive Oil

To fill the Enchiladas

- 200g Grated Cheese
- Use some of the sauce – approx a T-spoon in each tortilla

To top the Enchiladas

- 1 x 340g Tin of Sweet Corn Kernels
- 250g of Cheddar & Mozzarella cheese mix (having the Mozzarella gives the cheese topping a shine and good texture)

METHOD

Pre-Heat the oven to 210°C.

Place approx 15g of olive oil into a pan and warm, add the diced onion and stir until the onion begins to soften.

Then add the minced/ pureed garlic and stir until the garlic is lightly fried into the onion.

Add the half sachet of the MILD “Tex Mex” spice and cook through until its mixed through the onion & garlic mix. This will be very aromatic.

Mix in the tomato puree and cook out for 3-4 minutes and once this is cooked down add the diced peppers and cook for several more minutes.

Place the required amount of Chicken-Free Dippers into the HOT pre-heated oven for 8 minutes.

Add the chopped tomatoes and the passata, and bring to a simmer, once simmered for 5 minutes set aside.

Once ready take out the Chicken-Free Dippers and cut each one in half – across their longest point.

Lay out the mini corn tortillas and place 2/4 halves of the dippers into the middle of the flat mini corn tortilla.

Top with a sprinkle of grated cheese and a teaspoon of the Enchilada sauce – not too much.

Line a gastro with parchment paper and roll each mini tortilla up and sit them onto this with the seam of the rolled tortilla on the bottom.

Complete and fill an entire gastro – approx 20 portions, then pour the remaining sauce in a line, directly down the centre of the tortillas, leaving both sides slightly exposed / free of sauce.

Sprinkle the can of drained and dried off sweet corn on to the sauce and top with the cheese.

As mentioned at this stage if you wish to make the Enchilada a little more crispy lightly break up some plain tortilla chips and layer this up with the cheese topping.

Place in a hot pre-heated oven 185°C for approx 10 minutes.

Serve with Sweet Potato Wedges / Fried and Sour Cream.