



### TURKEY ENCHILADAS

These enchiladas are a healthy take on standard enchiladas that packed with deliciously good-for-you protein and veggies.

 10 minutes

 40 minutes

 8 portions

## INGREDIENTS

- 1 lb [453 grams] of turkey mince [93% lean, 7% fat]
- 2 onions, chopped [approx. 160 grams]
- 2 medium peppers, chopped [approx. 149 grams]
- 90 grams of spinach
- 3/4 - 1 Jar Enchilada Sauce [not cheesy] - [approx. 340 grams]
- 1 cup of salsa, ready-to-serve [approx. 259 grams]
- 149 grams of cherry tomatoes
- 1 cup shredded of lettuce [approx. 36 grams]
- 1/8 cup of coriander leaves [approx. 2 grams]
- 225 grams cups of reduced fat Mexican cheese blend **or** 200 grams of reduced fat [30% fat] Cheddar cheese
- 8 tortillas of tortillas, ready-to-bake or -fry, whole wheat [328 g]

## COOKING METHOD

- 1° Cook the turkey mince with chopped onion and green pepper, adding in spinach in the last minute of cooking.
- 2° Pour the enchilada sauce into a wide shallow bowl.
- 3° Dip each wrap in the enchilada sauce – you want to reserve as much sauce as possible in the dipping bowl, so use your fingers to scrape off excess after dipping.
- 4° Lay each wrap down on a plate, and spoon in 1/8 the cooked turkey with veggies and sprinkle with 1/16 of the cheese.
- 5° Roll up and place seam side down in a greased 13x9x2 pan. [You'll need to pack them in tight, but in a single layer!]
- 6° Pour any remaining enchilada sauce over and sprinkle with remaining 1/8 cheese.
- 7° Bake at 190C [Gas Mark 5] for 20-30 min. Cool slightly.
- 8° Top with salsa, chopped tomatoes, shredded lettuce and coriander.

## NUTRITIONAL INFORMATION

|                              | PER 100 g | PER PORTION (275 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY                       | 122 kcal  | 337 kcal            | 17 %  |
| PROTEIN                      | 9 g       | 24 g                | 47 %  |
| CARBOHYDRATE                 | 11 g      | 29 g                | 11 %  |
| SUGARS                       | 3 g       | 7 g                 | 8 %   |
| FAT                          | 5 g       | 14 g                | 21 %  |
| FATTY ACIDS, TOTAL SATURATED | 2 g       | 7 g                 | 33 %  |
| FIBER                        | 2 g       | 7 g                 | 26 %  |
| SODIUM                       | 409 mg    | 1124 mg             | 47 %  |