



COME ON

LET'S
**DO
THIS**

Fat

LOW

Saturates

LOW

Sugar

LOW

Salt

LOW

per 100g

Portions
fruit & veg
per serving

5

Spinach, apple & lentil enchiladas

For more tasty recipes with a healthy boost, visit
lets-dothis.org.uk

Recipe includes a
healthy boost

Serves 4 | prep 30 mins | cook 35 mins

Spinach, apple & lentil enchiladas

This tasty winter dinner has a **healthy boost** – frozen spinach! Add it to your vegetable enchiladas for an extra portion of vegetables to go towards your five a day.

Ingredients

Enchiladas

- 1 x 400g can green lentils, drained
- 1–2 apples (160g), unpeeled and grated
- Good pinch white pepper
- 20g fresh coriander, chopped and a little to serve
- 4 large (10") wholemeal tortillas (approx 65g each)
- 120g low-fat (light) garlic & herb cream cheese.

Healthy boost ingredients

- 320g frozen spinach, defrosted and excess water squeezed out.

For the enchilada sauce

- 1 x 400g tin chopped tomatoes
- 2 tbsp tomato puree
- 1 onion (80g), chopped
- 2 cloves garlic, crushed
- 1 large red pepper (160g), chopped
- 1–2tsp chilli powder (mild or hot, to taste)
- 1 heaped tsp oregano
- 1 heaped tsp cumin

To serve

- 1 red onion (80g), very thinly sliced
- 1 small avocado (60g), diced
- 1 lime, in wedges.

Continued



Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
421	11g	4g	16g	1.3g
21%	16%	20%	18%	22%

% = an adult's reference intake

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Method

1. Preheat the oven to 180°C/gas 4
2. Add the tomatoes, puree, onion, garlic, red pepper, chilli powder, oregano and cumin to a pan and mix well, bring to a gentle boil then cover, turn down the heat and simmer for 10 minutes stirring occasionally. Blend the cooked sauce until smooth and set aside
3. Meanwhile mix the spinach, lentils, apple, pepper and coriander together and reserve
4. Spread each tortilla with $\frac{1}{4}$ of the cream cheese, then divide the spinach lentil mixture between the tortillas and roll them up, folding over the ends to seal
5. Add $\frac{3}{4}$ of the sauce to the bottom of an oven proof dish and lay the tortillas on top, seam down. Place them in a row in the dish, with the remaining sauce along the centre
6. Bake for 12–15 minutes until lightly browned. Squeeze a wedge of lime over the red onion and avocado, then scatter over the dish along with the coriander and serve with lime wedges.



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