

# Sweet Potato Enchiladas

## Ingredients

600g sweet potatoes  
1 brown onion  
1 zucchini  
3 garlic cloves  
½ red chilli  
400g tin black beans  
½ cup frozen corn- thawed  
1 Tbs tomato paste  
Juice ½ lime  
1/3 cup coriander leaves  
100g cheese  
Passata

## Spices

2 tsp ground cumin  
1 tsp paprika  
Pinch mixed spice



## What to do:

- 1) Peel the sweet potato and dice into 1 cm pieces
- 2) Add oil to a fry pan and sauté sweet potatoes over medium heat until starting to soften, about 7 minutes.

## Prepare other ingredients

- 3) Measure the spices into a small bowl
- 4) Peel and finely slice the onion
- 5) Peel the garlic and finely chop
- 6) Remove the seeds and pitch from the chilli and finely chop
- 7) Grate the zucchini
- 8) Drain and rinse the beans
- 9) Wash the coriander, spin dry, pick off the leaves and finely chop
- 10) Thaw the corn under hot tap water
- 11) Grate the cheese
- 12) After about 7 minutes add the onion, garlic and chilli to the fry pan. Cook stirring for about 5 minutes until onion softens. Be careful not to burn the onion and garlic. Mash the sweet potato roughly with your cooking spoon
- 13) Add the corn, grated zucchini, spices, beans, tomato paste and ¼ cup of water. Cook for another 3 minutes or until water has evaporated and everything is warmed through. Turn off the heat
- 14) Mix through the coriander and lime juice. Cool slightly
- 15) Spread a little of the passata into the base of two baking dishes
- 16) On the bench top arrange the tortillas. Spoon the sweet potato mixture down the middle of each tortilla
- 17) Roll up the tortillas and place in the baking dishes
- 18) Spoon more passata over the enchiladas to just cover them. Sprinkle over the cheese
- 19) Bake in the oven for 10-15 minutes until the cheese has melted
- 20) Serve ½ an enchilada per person. Enjoy