

SOMETHING TO SAVOUR

The new Linda McCartney Foods Vegemince™ is a revamped version of their Realeat Vegemince™, which promises improved seasoning and an even better taste.

Suitable for both veggies and vegans, the soya-based low-fat mince cooks straight from frozen and is free from genetically modified ingredients, artificial flavours, preservatives and hydrogenated fats.

Currently available at Waitrose, Holland & Barrett and independent retailers nationwide for around £2.09, it can be used to make a range of savoury dishes including the one below, or visit www.lindamccartney.co.uk for more inspiration.

Spicy enchiladas

Serves 2 • Prep 15 mins • Cook 35 mins

- 400g canned chopped tomatoes
- 150ml tomato juice
- 50g tomato purée
- 1 large red onion, finely chopped
- ½ tsp ground cumin
- ½ tsp dried or frozen oregano
- 2 mild green chillies, deseeded and finely chopped
- 2 tbsp lemon juice
- pinch of unrefined sugar
- 2 tbsp chopped fresh coriander
- 1-2 tbsp vegetable oil
- 150g Linda McCartney Vegemince™
- 150g vegetarian mature Cheddar, grated
- 4 soft corn tortillas

1 Place the chopped tomatoes, tomato juice and purée in a medium-sized saucepan. Add



half the red onion, cumin, oregano, chillies, lemon juice, sugar and coriander. Bring to the boil, reduce the heat and simmer for about 15 minutes, stirring occasionally.

2 Heat the oil in a small frying pan and sauté the mince for a few minutes until lightly browned. Keep to one side.

3 Spread 4-6 tbsp of the tomato sauce in the base of an oblong ovenproof dish. Spread one of the tortillas with 2 tbsp of sauce, sprinkle with cheese, top with a quarter of the mince and sprinkle with chopped red onion, reserving some cheese and onion for garnishing. Roll carefully into a tube.

4 Place in the dish on top of the sauce, seam-side down. Repeat with the other tortillas and spoon over the remaining sauce. Sprinkle with the reserved cheese and the chopped onion.

5 Bake the enchiladas at 180C/fan 160C/gas 4 for 15-20 minutes, when the cheese should be bubbling and starting to brown. Serve with steamed broccoli or a crisp green salad.

■ PER SERVING 720 cals, fat 40g, sat fat 20g, protein 40g, carbs 53g, sugars 19g, fibre 10g, salt 2.5g

