



Chimichangas

20'

Hands on

10'

Cook Time

6

Portion(s)

1

Difficulty



Ingredients

- 3 tablespoon(s) olive oil
- 1 onion
- 1 clove(s) of garlic
- 500 g ground beef
- 1 pinch chili flakes
- 1/2 teaspoon(s) cumin
- 1/2 teaspoon(s) paprika, sweet
- salt
- pepper
- 1 chili pepper
- 100 g [homemade ketchup](#)
- 400 g canned tomatoes
- 400 g red beans, canned
- 70 g corn, canned
- 1/2 bunch parsley
- 1/2 bunch coriander
- 200 g cheddar
- 6 tortillas

To serve

- [guacamole](#)
- chili sauce
- strained yogurt
- slices lime(s)
- herbs
- 1 teaspoon(s) olive oil

Method

- Place a [wok](#) over high heat and add 2 tablespoons olive oil.
- Finely [chop](#) the onion and garlic, place them into the pan, and sauté for 2-3 minutes until they caramelize.
- Add the ground beef, chili flakes, cumin, paprika, salt, pepper, and sauté very well until caramelized and golden.
- Add the chili pepper finely chopped and sauté for 2-3 minutes.
- Then, add the ketchup, tomatoes, beans, corn, mix and simmer for 5 minutes.
- Remove from the heat and finely chop the parsley and coriander. Add them to the wok with the filling, add the cheddar and mix.

To assemble

- Place another frying pan on heat.
- Add 3 tablespoons of the filling into each tortilla, and fold.
- Add 1 tablespoon olive oil into the hot frying pan, and place the tortillas from the folded side. Cook each side for 1 minute, to turn golden.
- Serve with [guacamole](#), tomato sauce, yogurt. Cut lime slices, sprinkle fresh herbs and a splash of olive oil.

Διατροφικός πίνακας

Nutrition information per portion

662 Calories (kcal)	32.0 Total Fat (g)	15.0 Saturated Fat (g)	50.0 Total Carbs (g)
33%	46%	75%	19%
11.0 Sugars (g)	36.0 Protein (g)	9.5 Fibre (g)	2.4 Sodium (g)
12%	72%	38%	40%