DietCloud – Recipe

Recipe Name: Mexican Style Scrambled Egg Enchiladas Recipe

Diet Type:

Course: Lunch

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Makki Ka Atta (Yellow Corn Meal Flour)	4
• 1/4 cup Whole Wheat Flour	
• Salt - to taste	
• 4 Whole Eggs	
• 1 Onion - chopped	
• 4 cloves Garlic - chopped	
• Salt - to taste	
• Black pepper powder - for seasoning	
• 1 Onion - sliced	
• 1 Red Bell pepper (Capsicum) - sliced	
• 1 Green bell peppers - sliced	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Cumin powder (Jeera)	
• 4 cloves Garlic - chopped	
• 1 teaspoon Dried oregano	
• Salt - to taste	
• 4 Tomatoes - blanched	
• 1 Onion - chopped	
• 2 cloves Garlic - chopped	
• 1/2 teaspoon Sugar	
• 1 teaspoon Red Chilli flakes	
• 1 teaspoon Dried oregano	
• Salt - to taste	
• 1 cup Hung Curd (Greek Yogurt)	
• 1 Lemon juice	

Preparation

• To begin making the Scrambled Egg Enchiladas Recipe, we will start making the tortilla dough.

• Add all the ingredients into a bowl and knead slowly by adding Lukewarm water.
• Knead it into a firm dough and rest it covered for some time.
• To make the sauce, blanch the tomatoes by slitting them crosswise at the bottom of the tomatoes.

• Remove the tomatoes, once it cools down, peel off the skin and blitz the tomatoes in a mixer till it becomes a puree.

• Add the pureed tomatoes and cook the tomatoes for 2 more minutes.
• Add the sugar, red chilli flaxes, oregano and salt and adjust the consistency by adding little water if required.
• Close it with the lid and cook the sauce for about 5 more minutes and switch it off.
• To make the bell peppers fajitha, heat oil over a sauce pan, add garlic, onion, bell peppers and saute until they soften.
• Add red chilli powder, salt, oregano and cumin powder and saute till the spice powder is coated well.
• Switch off the heat.
• To make the sour cream, whisk the curd and lemon juice together and place it in the fridge until you start to assemble.
• To make the tortillas, divide the dough into small equal balls and roll it on the board to a 6 inch diameter.
• Do the same with the rest of the doughHeat a flat Skillet, add a teaspoon of oil and just toast the rolled dough lightly on both the sides.
• Do the same for the rest and keep it aside.
• To make the egg scramble, heat a small pan with oil, break the eggs separately into a bowl add salt, pepper and whisk well till it fluffs up.
• Once the pan is heated, add the chopped garlic and onions and saute till the onions softens.
• Slowly add the whisked egg and leave it for 10 seconds now gradually fold in to make the scramble.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)