



Tex-Mex Pulled Pork Enchiladas

with Grilled Cheddar Cheese & Yoghurt

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Sweetcorn



Tex-Mex Spice Blend



Pulled Pork



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Greek-Style Yoghurt



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins

Eat Me Early*
**Custom Recipe only*

Let's pull together an enchanted enchilada dinner to delight everyone at the table. They're being wrapped up with all the goodies, like Tex-Mex spices, pulled pork and corn. We know just the thing to win you over (if all that isn't enough already!), a cheesy enchilada sauce on top, perfect for a lasting, flavourful taste.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
sweetcorn	1 tin	1 tin
Tex-Mex spice blend	1 sachet	1 sachet
pulled pork	1 packet	1 packet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3199kJ (765Cal)	670kJ (160Cal)
Protein (g)	33.8g	7.1g
Fat, total (g)	42.2g	8.8g
- saturated (g)	23g	4.8g
Carbohydrate (g)	67.2g	14.1g
- sugars (g)	17.8g	3.7g
Sodium (mg)	2728mg	571mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3133kJ (749Cal)	583kJ (139Cal)
Protein (g)	50.9g	9.5g
Fat, total (g)	32.5g	6g
- saturated (g)	17.6g	3.3g
Carbohydrate (g)	66g	12.3g
- sugars (g)	17.8g	3.3g
Sodium (mg)	2077mg	386mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW33



1



Get prepped

- Preheat grill to medium-high heat.
- Grate the **carrot**.
- Drain the **sweetcorn**.

Custom Recipe: If you've swapped to chicken breast, cut chicken breast into 2cm chunks.

3



Grill the enchiladas

- Drizzle a baking dish with **olive oil**.
- Lay a **mini flour tortilla** on a clean surface. Spoon **pork mixture** down the centre of tortilla. Roll the **tortilla** up tightly and place, seam-side down, in the baking dish. Repeat with remaining **tortillas** and **pork mixture**, ensuring they fit together snugly in the baking dish.
- Top with remaining **enchilada sauce** and sprinkle with **shredded Cheddar cheese**.
- Grill **enchiladas** until cheese is melted and tortillas are warmed through, **8-10 minutes**.

2



Cook the pork mixture

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **corn** until softened, **4-6 minutes**.
- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Add **Tex-Mex spice blend**, **pulled pork** and cook, breaking up with a spoon, until warmed through, **1-2 minutes**.
- Remove pan from heat, then stir through the **butter**, **brown sugar** and half the **enchilada sauce**.

Custom Recipe: Heat the pan as above. Cook chicken with carrot and corn, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.

4



Serve up

- Divide Tex-Mex pulled pork enchiladas between plates.
- Dollop over **Greek-style yoghurt** to serve. Enjoy!

Rate your recipe

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