

Cheesy Kidney Bean & Veggie Enchiladas

with Sour Cream & Radish Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Garlic



Carrot



Fresh Chilli (Optional)



Red Kidney Beans



Mexican Fiesta Spice Blend



Tomato Paste



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Radish



Mixed Salad Leaves



Sour Cream



Beef Mince

Prep in: 25-35 mins
Ready in: 35-45 mins

Enchiladas – what could be more fun? Take one part tasty beans and veg, one part soft tortillas, then combine them and top the whole thing with melty cheesy goodness. With a fresh radish salad, this is a sure-fire winner.

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

Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar

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 |
| onion | 1 (medium) | 1 (large) |
| garlic | 1 clove | 2 cloves |
| carrot | 1 | 2 |
| fresh chilli  (optional) | ½ | 1 |
| red kidney beans | 1 tin | 2 tins |
| Mexican Fiesta spice blend  | 1 sachet | 1 sachet |
| tomato paste | 1 packet | 2 packets |
| enchilada sauce | 1 packet | 2 packets |
| butter* | 20g | 40g |
| mini flour tortillas | 6 | 12 |
| shredded Cheddar cheese | 1 packet (40g) | 1 packet (80g) |
| radish | 2 | 3 |
| honey* | 1 tsp | 2 tsp |
| white wine vinegar* | drizzle | drizzle |
| mixed salad leaves | 1 small bag | 1 medium bag |
| sour cream | 1 medium packet | 1 large packet |
| beef mince** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3436kJ (821Cal) | 591kJ (141Cal) |
| Protein (g) | 27.8g | 4.8g |
| Fat, total (g) | 37.9g | 6.5g |
| - saturated (g) | 21.9g | 3.8g |
| Carbohydrate (g) | 85.9g | 14.8g |
| - sugars (g) | 23g | 4g |
| Sodium (mg) | 2322mg | 400mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4632kJ (1107Cal) | 656kJ (157Cal) |
| Protein (g) | 56.4g | 8g |
| Fat, total (g) | 55.6g | 7.9g |
| - saturated (g) | 29.7g | 4.2g |
| Carbohydrate (g) | 85.9g | 12.2g |
| - sugars (g) | 23g | 3.3g |
| Sodium (mg) | 2360mg | 334mg |

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 | CW39



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Thinly slice **onion**. Finely chop **garlic**. Grate the **carrot**. Thinly slice **fresh chilli** (if using). Drain and rinse **red kidney beans**.

Custom Recipe: If you've added beef mince to your meal, only use half the red kidney beans.



Bake the enchiladas

- Pour the remaining **enchilada sauce** over the **tortillas**. Top with **chilli** and sprinkle with **shredded Cheddar cheese**.
- Bake **enchiladas** until cheese is golden and tortillas are warmed through, **8-10 minutes**.



Cook the bean filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **carrot**, stirring, until softened, **5 minutes**.
- **SPICY!** *The spice blend is hot, use less if you're sensitive to heat.* Add **Mexican Fiesta spice blend** and **garlic** and cook until fragrant, **1 minute**.
- Add **kidney beans**, **tomato paste** and half the **enchilada sauce**. Simmer until the mixture has thickened slightly, **5 minutes**.
- Add the **butter** and stir until melted. Season with **salt** and **pepper** and stir to combine.

Custom Recipe: Add the beef mince after cooking the onion and carrot. Cook beef, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.



Make the salad

- Meanwhile, thinly slice **radish**.
- In a medium bowl, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil**.
- Season, then add **mixed salad leaves** and **radish**. Toss to coat.



Assemble the enchiladas

- Grease a baking dish.
- Lay **mini flour tortillas** on a flat surface and divide the **bean filling** evenly between the **tortillas**.
- Roll **tortillas** up tightly and place, seam-side down, in the baking dish, ensuring they fit together snugly.



Serve up

- Divide cheesy kidney bean and veggie enchiladas between plates.
- Serve with radish salad and **sour cream**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate