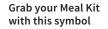


Cheesy Kidney Bean & Veggie Enchiladas with Sour Cream & Radish Salad

CLIMATE SUPERSTAR











Carrot







Beans

Mexican Fiesta Spice Blend







Tomato Paste

Enchilada Sauce





Mini Flour Tortillas

Shredded Cheddar Cheese





Radish

Mixed Salad



Sour Cream

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.

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

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	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)	1/2	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

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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.



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.



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.



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**.



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.



Serve up

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



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