

Mexican Bean Enchiladas & Sour Cream

with Charred Corn Salsa & Guacamole

Grab your Meal Kit with this symbol



Onion



Carrot



Sweetcorn



Red Kidney Beans



Avocado



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Plant-Based Grated Cheese



Coriander



Cucumber



Sour Cream



Beef Mince

Prep in: **30-40 mins**
Ready in: **35-45 mins**

With beans, tortillas, plant-based cheese and charred yet sweet salsa, this Mexican favourite is colourful, delicious and a heap of fun to make. Don't forget to dollop on the guacamole to really get the fiesta going!

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

Pantry items

Olive Oil, 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)
carrot	1	2
sweetcorn	1 tin	1 tin
red kidney beans	1 tin	2 tins
avocado	1	2
Mexican Fiesta spice blend 	1 sachet	1 sachet
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
plant-based grated cheese	1 packet (50g)	2 packets (100g)
coriander	1 bag	1 bag
cucumber	1 (medium)	1 (large)
white wine vinegar*	drizzle	drizzle
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)	3972kJ (949Cal)	552kJ (132Cal)
Protein (g)	29.7g	4.1g
Fat, total (g)	51.5g	7.2g
- saturated (g)	21.3g	3g
Carbohydrate (g)	84.3g	11.7g
- sugars (g)	20.8g	2.9g
Sodium (mg)	2290mg	318mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5168kJ (1235Cal)	612kJ (146Cal)
Protein (g)	58.3g	6.9g
Fat, total (g)	69.2g	8.2g
- saturated (g)	29.1g	3.4g
Carbohydrate (g)	84.3g	10g
- sugars (g)	20.8g	2.5g
Sodium (mg)	2342mg	277mg

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

- Finely chop **onion**. Grate the **carrot**. Drain the **sweetcorn**. Drain and rinse **red kidney beans**.
- Slice **avocado** in half and scoop out the flesh.

Custom Recipe: If you've added beef mince, then only use half the kidney beans!



Grill the enchiladas

- Preheat grill to medium-high. Lay **mini flour tortillas** on a flat surface and divide the **bean filling** between tortillas.
- Roll **tortillas** to enclose and place, seam-side down, in a baking dish, ensuring they fit together snugly.
- Top **tortillas** with the remaining **enchilada sauce** and sprinkle with **plant-based grated cheese**.
- Grill **enchiladas** until the cheese is golden, **5-8 minutes**.

TIP: The plant-based cheese has a unique texture, use less or leave it out if you're not a fan!



Char the corn

- Heat a large frying pan over medium-high heat. Cook **sweetcorn**, tossing occasionally, until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Make the salsa & guacamole

- While the enchiladas are grilling, roughly chop **coriander** and **cucumber**. Add **coriander** and **cucumber** to the remaining **charred corn**.
- Drizzle with **olive oil** and **white wine vinegar**. Season to taste and toss to coat. Set aside.
- Place **avocado** in a small bowl and mash with a fork. Season to taste.



Make the filling

- Return the pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** and **carrot** until softened, **3-4 minutes**.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Add **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**.
- Add **red kidney beans**, half the **charred corn** and half the **enchilada sauce**. Stir to combine, then remove pan from heat.

Custom Recipe: Add beef mince to the pan before the onion and carrot and cook, breaking up with a spoon, until browned, 3-4 minutes. Continue with step.



Serve up

- Divide Mexican bean enchiladas between plates.
- Top with charred corn salsa, **sour cream** and guacamole to serve. Enjoy!

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