



# Mexican Bean Enchiladas & Sour Cream

with Charred Corn Salsa & Guacamole

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Carrot



Sweetcorn



Red Kidney Beans



Avocado



Mexican Fiesta Spice Blend



Chopped Tomatoes with Roast Garlic & Onion



Mini Flour Tortillas



Shredded Cheddar Cheese



Coriander



Cucumber



Sour Cream



Beef Mince

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

With beans, tortillas, Cheddar 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
<b>olive oil*</b>	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 medium sachet	1 large sachet
chopped tomatoes with roast garlic & onion	½ tin	1 tin
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
coriander	1 bag	1 bag
cucumber	1 (medium)	1 (large)
<b>white wine vinegar*</b>	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](https://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 | CW50



## 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 reserved **chopped tomatoes** and sprinkle with **shredded Cheddar 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**. Add the **chopped tomatoes** (see ingredients), saving 1/4 cup chopped tomatoes for topping. 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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)