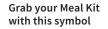


Mexican Bean Enchiladas & Sour Cream

with Charred Corn Salsa & Guacamole

CLIMATE SUPERSTAR











Sweetcorn

Red Kidney Beans



Mexican Fiesta Spice Blend





Chopped Tomatoes with Roast Garlic & Onion

Mini Flour Tortillas



Shredded Cheddar



Coriander



Cucumber



Sour Cream



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!

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

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	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 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)		
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





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!



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 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.



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!



Make the salsa & quacamole

- 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.



Serve up

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



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