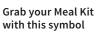


# Cheat's Beef & Corn Enchiladas

with Cheddar Cheese & Yoghurt

CUSTOMER FAVOURITE

KID FRIENDLY















Sweetcorn





Tex-Mex



Spice Blend

**Chopped Tomatoes With** Roast Garlic & Onion



Mini Flour



Tortillas

Shredded Cheddar



Mixed Salad



Leaves



Greek-Style Yoghurt

Prep in: 20-30 mins Ready in: 30-40 mins Everyone loves enchiladas, but we've made them even more lovable by getting them on the table quicker. This version uses the grill to melt the cheese, and adds corn and carrot to the beef mixture for extra flavour and texture.

Olive Oil, Sugar, Butter

### 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

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
carrot	1	2		
sweetcorn	1 tin	1 tin		
beef mince	1 small packet	2 small packets OR 1 large packet		
Tex-Mex spice blend	1 sachet	1 sachet		
chopped tomatoes with roast garlic & onion	1 tin	2 tins		
sugar*	½ tsp	1 tsp		
salt*	1/4 tsp	½ tsp		
water*	1/4 cup	½ cup		
butter*	20g	40g		
mini flour tortillas	6	12		
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)		
mixed salad leaves	1 small bag	1 medium bag		
Greek-style yoghurt	1 medium packet	1 large packet		
beef & pork mince**	1 packet	1 packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3806kJ (910Cal)	575kJ (137Cal)
Protein (g)	49.2g	7.4g
Fat, total (g)	49.6g	7.5g
- saturated (g)	24g	3.6g
Carbohydrate (g)	62.2g	9.4g
- sugars (g)	19.1g	2.9g
Sodium (mg)	1904mg	288mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3772kJ (902Cal)	<b>570kJ</b> (136Cal)
Protein (g)	47.4g	7.2g
Fat, total (g)	51g	7.7g
- saturated (g)	23.6g	3.6g
Carbohydrate (g)	62.2g	9.4g
- sugars (g)	19.1g	2.9g
Sodium (mg)	1910mg	289mg

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 garlic. Grate carrot. Drain sweetcorn.

**Little cooks:** *Under adult supervision, older kids can help grate the carrot.* 



# Cook the beef filling

- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook carrot, sweetcorn and beef mince, breaking it up with a spoon, until just browned, 4-5 minutes.
- Add garlic and Tex-Mex spice blend and cook until fragrant, 1 minute.

**Custom Recipe:** If you've swapped beef mince for beef & pork mince, cook in the same way as above.



# Make it saucy

 Add chopped tomatoes, the sugar, salt, water and butter and bring to the boil. Reduce the heat to medium and simmer until thickened,
 3-4 minutes.

**TIP:** Add another splash of water if the beef mixture looks dry!



### Bake the enchiladas

- Preheat the grill to medium-high. Grease a baking dish with olive oil.
- Lay a mini flour tortilla on a flat surface and spoon some of the beef mixture down the centre. Roll the tortilla up tightly and place, seam-side down, in the baking dish.
- Repeat with the remaining tortillas and beef mixture, ensuring they fit together snugly in the baking dish.
- Sprinkle with shredded Cheddar cheese, then bake enchiladas until cheese is melted and tortillas have warmed through, 8-10 minutes.

**Little cooks:** Take charge of assembling the enchiladas!



## Dress the salad

 While the enchiladas are baking, combine mixed salad leaves and a drizzle of olive oil in a large bowl. Season with salt and pepper and toss to combine.



## Serve up

- Divide the cheat's beef and corn enchiladas between plates.
- Top with Greek-style yoghurt and serve with dressed salad leaves. Enjoy!



Did we make your tastebuds happy?
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