



Cheat's Beef & Corn Enchiladas

with Cheddar Cheese & Yoghurt

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Carrot



Sweetcorn



Beef Mince



Tex-Mex Spice Blend



Chopped Tomatoes With Roast Garlic & Onion



Mini Flour Tortillas



Shredded Cheddar Cheese



Mixed Salad Leaves



Greek-Style Yoghurt



Beef & Pork Mince

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.

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

Pantry items

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

	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*	¼ tsp	½ tsp
water*	¼ 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

*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)	570kJ (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](https://www.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



1



Get prepped

- Finely chop **garlic**. Grate **carrot**. Drain **sweetcorn**.

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

2



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.

3



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!

4



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!

5



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.

6



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

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