



# Mexican Bean Enchiladas & Sour Cream

with Charred Corn Salsa & Guacamole

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Carrot



Corn



Black Beans



Avocado



Mexican Fiesta Spice Blend



Enchilada Sauce



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, 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
<b>olive oil*</b>	refer to method	refer to method
onion	½ (medium)	1 (medium)
carrot	1	2
corn	1 cob	2 cobs
black beans	1 tin	2 tins
avocado	1 (small)	1 (large)
Mexican Fiesta spice blend 	1 sachet	1 sachet
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
coriander	½ 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)	3990kJ (954Cal)	529kJ (126Cal)
Protein (g)	39.8g	5.3g
Fat, total (g)	32.2g	4.3g
- saturated (g)	17.1g	2.3g
Carbohydrate (g)	116g	15.4g
- sugars (g)	22.6g	3g
Sodium (mg)	2387mg	316mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5186kJ (1239Cal)	590kJ (141Cal)
Protein (g)	68.4g	7.8g
Fat, total (g)	50g	5.7g
- saturated (g)	25g	2.8g
Carbohydrate (g)	116g	13.2g
- sugars (g)	22.6g	2.6g
Sodium (mg)	2439mg	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



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## Get prepped

- Finely chop **onion** (see ingredients). Grate **carrot**. Slice kernels off **corn**. Drain and rinse **black beans**.
- Slice **avocado** in half and scoop out the flesh.

**Custom Recipe:** If you've added beef mince, then only use half the black 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 **shredded Cheddar cheese**.
- Grill **enchiladas** until the cheese is golden, **5-8 minutes**.



## Char the corn

- Heat a large frying pan over medium-high heat. Cook **corn**, 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

- While the enchiladas are grilling, roughly chop **coriander** (see ingredients) 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 **black beans**, half the **charred corn** and half the **enchilada sauce**. Stir to combine, then remove pan from heat.

**TIP:** Add a splash of water if the filling looks dry.

**Custom Recipe:** Before cooking the veggies, cook the beef mince. Heat pan as above, cook beef mince, breaking up with a spoon, until browned, 3-4 minutes. Add onion and carrot and continue with step as above.



## 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?

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