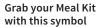


Mexican Bean Enchiladas & Sour Cream

with Charred Corn Salsa & Guacamole

CLIMATE SUPERSTAR











Black Beans

Mexican Fiesta Spice Blend





Enchilada Sauce

Mini Flour Tortillas





Shredded Cheddar

Coriander





Cucumber

Sour Cream





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!

Pantry items

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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
onion	1/2 (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)		
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)	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 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

2024 | CW05





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!



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 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.



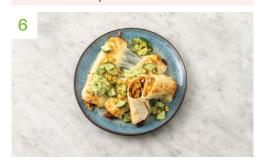
Grill the enchiladas

- 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.



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.



Serve up

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

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