



Tex-Mex Pulled Pork Enchiladas

with Grilled Cheddar Cheese & Yoghurt

KID FRIENDLY

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Carrot



Sweetcorn



Tex-Mex Spice Blend



Pulled Pork



Enchilada Sauce



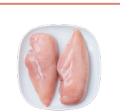
Mini Flour Tortillas



Shredded Cheddar Cheese



Greek-Style Yoghurt



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

Let's pull together an enchanted enchilada dinner to delight everyone at the table. They're being wrapped up with all the goodies, like Tex-Mex spices, pulled pork and corn. We know just the thing to win you over (if all that isn't enough already!), a cheesy enchilada sauce on top, perfect for a lasting, flavourful taste.

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

Pantry items

Olive Oil, Butter, Brown Sugar

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
carrot	1	2
sweetcorn	½ large tin	1 large tin
Tex-Mex spice blend	1 medium sachet	1 large sachet
pulled pork	1 medium packet	2 medium packets OR 1 large packet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3199kJ (765Cal)	670kJ (160Cal)
Protein (g)	33.8g	7.1g
Fat, total (g)	42.2g	8.8g
- saturated (g)	23g	4.8g
Carbohydrate (g)	67.2g	14.1g
- sugars (g)	17.8g	3.7g
Sodium (mg)	2728mg	571mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3083kJ (737Cal)	574kJ (137Cal)
Protein (g)	52.9g	9.8g
Fat, total (g)	30.2g	5.6g
- saturated (g)	16.9g	3.1g
Carbohydrate (g)	66.1g	12.3g
- sugars (g)	17.9g	3.3g
Sodium (mg)	2099mg	391mg

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 | CW11



Get prepped

- Preheat grill to medium-high heat.
- Grate **carrot**. Drain **sweetcorn** (see ingredients).

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

Custom Recipe: If you've swapped to chicken breast, cut into 2cm chunks.



Grill the enchiladas

- Drizzle a baking dish with **olive oil**.
- Lay a **mini flour tortilla** on a clean surface. Spoon **pork mixture** down the centre of tortilla. Roll **tortilla** up tightly and place, seam-side down, in the baking dish. Repeat with remaining **tortillas** and **pork mixture**, ensuring they fit together snugly in the baking dish.
- Top with the remaining **enchilada sauce** and sprinkle with **shredded Cheddar cheese**.
- Grill **enchiladas** until cheese is melted and tortillas are warmed through, **8-10 minutes**.



Cook the pork filling

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **corn** until softened, **4-6 minutes**.
- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Add **Tex-Mex spice blend** and **pulled pork** and cook, breaking up with a spoon, until warmed through, **1-2 minutes**.
- Remove pan from heat, then stir through the **butter**, **brown sugar** and half the **enchilada sauce**.

Custom Recipe: Heat the pan as above. Cook chicken with carrot and corn, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue with recipe.



Serve up

- Divide Tex-Mex pulled pork enchiladas between plates.
- Dollop over **Greek-style yoghurt** to serve. Enjoy!

Rate your recipe

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