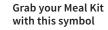


# Saucy Mexican Bean Enchiladas with Charred Corn Salsa & Sour Cream

CLIMATE SUPERSTAR













Sweetcorn

Black Beans





Mexican Fiesta Spice Blend

Enchilada Sauce



Mini Flour



Tortillas

Plant-Based **Grated Cheese** 





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 sour cream to really get the fiesta going!

**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
olive oil*	refer to method	refer to method
onion	1/2	1
carrot	1	2
sweetcorn	½ large tin	1 large tin
black beans	1 packet	2 packets
Mexican Fiesta spice blend 🥖	1 medium sachet	1 large sachet
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
plant-based grated cheese	½ packet	1 packet
coriander	½ packet	1 packet
cucumber	1 (medium)	1 (large)
tomato	1	2
white wine vinegar*	drizzle	drizzle
sour cream	1 medium packet	1 large packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

<sup>\*</sup>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** | CW11





# Get prepped

- Finely chop onion (see ingredients).
- Grate carrot.
- Drain sweetcorn (see ingredients). Drain and rinse black beans.

**Custom Recipe:** If you've added beef mince, drain and rinse half the black beans.



### Char the corn

 Heat a large frying pan over medium-high heat.
 Cook sweetcorn, 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:** Add beef mince to the pan before the onion and carrot and cook, breaking up with a spoon, until browned, 3-4 minutes. Continue with recipe.



## Grill the enchiladas

- · Preheat grill to medium-high.
- Drizzle a baking dish with olive oil. Lay mini flour tortillas on chopping board. Spoon bean mixture into the centre. Roll tortilla up tightly and place, seam-side down, in the baking dish.
- Repeat with remaining tortillas and bean mixture, ensuring they fit together snugly in the baking dish.
- Top tortillas with the remaining enchilada sauce and sprinkle with plant-based grated cheese (see ingredients). Grill enchiladas until cheese is golden, 5-8 minutes.



# Make the salsa

- While the enchiladas are grilling, roughly chop coriander (see ingredients). Finely chop cucumber and tomato. Add coriander, cucumber and tomato to the remaining charred corn.
- Drizzle with white wine vinegar and olive oil.
  Season to taste and toss to coat. Set aside.



# Serve up

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

#### Rate your recipe