

# Saucy Mexican Bean Enchiladas

with Charred Corn Salsa & Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Carrot



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Plant-Based Grated Cheese



Coriander



Cucumber



Tomato



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 sour cream 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	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
<b>white wine vinegar*</b>	drizzle	drizzle
sour cream	1 medium packet	1 large packet
beef mince**	1 medium packet	2 medium 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**.
- Drain **sweetcorn** (see ingredients). Drain and rinse **black beans**.

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



## 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**.



## 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 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.



## 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.



## Serve up

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

## Rate your recipe

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