

# Cheesy Bean & Veggie Enchiladas

with Sour Cream & Tomato Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



### Recipe Update

We've replaced the radish in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Onion



Garlic



Carrot



Fresh Chilli (Optional)



Red Kidney Beans



Mexican Fiesta Spice Blend



Tomato Paste



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Mixed Salad Leaves



Sour Cream



Beef Mince

Prep in: 25-35 mins  
Ready in: 35-45 mins

Enchiladas – what could be more fun? Take one part tasty beans and veg, one part soft tortillas, then combine them and top the whole thing with melty cheesy goodness. With a fresh tomato salad, this is a sure-fire winner.

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

### Pantry items

Olive Oil, Butter, Honey, 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
garlic	1 clove	2 cloves
carrot	1	2
fresh chilli  (optional)	½	1
red kidney beans	1 packet	2 packets
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
enchilada sauce	1 medium packet	2 medium packets
<b>butter*</b>	20g	40g
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
tomato	2	3
<b>honey*</b>	1 tsp	2 tsp
<b>white wine vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
sour cream	1 medium packet	2 medium packets
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)	3405kJ (814Cal)	553kJ (132Cal)
Protein (g)	27.1g	4.4g
Fat, total (g)	36.4g	5.9g
- saturated (g)	20.2g	3.3g
Carbohydrate (g)	88.7g	14.4g
- sugars (g)	21g	3.4g
Sodium (mg)	2340mg	380mg
Dietary Fibre (g)	20.1g	3.3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4601kJ (1099Cal)	621kJ (148Cal)
Protein (g)	55.7g	7.5g
Fat, total (g)	54.1g	7.3g
- saturated (g)	28.1g	3.8g
Carbohydrate (g)	88.7g	12g
- sugars (g)	21g	2.8g
Sodium (mg)	2392mg	323mg
Dietary fibre	20.1g	2.7g

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.



## Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Thinly slice **onion** (see ingredients). Finely chop **garlic**. Grate the **carrot**. Thinly slice **fresh chilli** (if using). Drain and rinse **red kidney beans**.

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



## Cook the bean filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **carrot**, stirring, until softened, **5 minutes**.
- **SPICY!** *The spice blend is hot, use less if you're sensitive to heat.* Add **Mexican Fiesta spice blend** and **garlic** and cook until fragrant, **1 minute**.
- Add **kidney beans**, **tomato paste** and half the **enchilada sauce**. Simmer until the mixture has thickened slightly, **5 minutes**.
- Add the **butter** and stir until melted. Season with **salt** and **pepper** and stir to combine.

**Custom Recipe:** Add beef mince after cooking onion and carrot. Cook, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe as above.



## Assemble the enchiladas

- Grease a baking dish.
- Lay **mini flour tortillas** on a flat surface and divide the **bean filling** evenly between the **tortillas**.
- Roll **tortillas** up tightly and place, seam-side down, in the baking dish, ensuring they fit together snugly.



## Bake the enchiladas

- Pour the remaining **enchilada sauce** over the **tortillas**. Top with **chilli** and sprinkle with **shredded Cheddar cheese**.
- Bake **enchiladas** until cheese is golden and tortillas are warmed through, **8-10 minutes**.



## Make the salad

- Meanwhile, thinly slice **tomato**.
- In a medium bowl, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil**.
- Season, then add **mixed salad leaves** and **tomato**. Toss to coat.



## Serve up

- Divide cheesy bean and veggie enchiladas between plates.
- Serve with tomato salad and **sour cream**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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