



Mexican Smashed Chickpea Enchiladas

with Garlic Sour Cream & Coriander

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Leek



Garlic



Chickpeas



Mexican Fiesta Spice Blend



Enchilada Sauce



Baby Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Sour Cream



Coriander



Pork Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

With chickpeas, tortillas, Cheddar cheese and mouth-watering spices, this Mexican favourite is colourful, delicious and a heap of fun to make. Don't forget to drizzle over the garlicky sour cream to really get the party started!

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

Pantry items

Olive Oil, Butter

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
leek	1	2
garlic	3 cloves	6 cloves
chickpeas	1 tin	2 tins
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
butter*	20g	40g
enchilada sauce	1 medium packet	2 medium packets
water*	¼ cup	½ cup
baby leaves	1 medium packet	1 large packet
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
sour cream	1 medium packet	2 medium packets
coriander	1 packet	1 packet
pork 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)	3344kJ (799Cal)	633kJ (151Cal)
Protein (g)	27.3g	5.2g
Fat, total (g)	37.5g	7.1g
- saturated (g)	20.2g	3.8g
Carbohydrate (g)	80.4g	15.2g
- sugars (g)	17.2g	3.3g
Sodium (mg)	2179mg	412mg
Dietary Fibre (g)	21.6g	4.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4249kJ (1016Cal)	650kJ (155Cal)
Protein (g)	51.7g	7.9g
Fat, total (g)	50.8g	7.8g
- saturated (g)	25.2g	3.9g
Carbohydrate (g)	80.4g	12.3g
- sugars (g)	17.2g	2.6g
Sodium (mg)	2252mg	345mg
Dietary fibre	21.6g	3.3g

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.

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Scan here if you have any questions or concerns

2024 | CW20



Get prepped

- Grate **carrot**.
- Thinly slice white and light green parts of **leek**. Finely chop **garlic**. Drain and rinse **chickpeas**.

Custom Recipe: If you've added pork mince, drain, rinse and use half the chickpeas.



Make the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **leek** and **carrot** until tender, **4-5 minutes**.
- **SPICY!** The spice blend is hot! Add less if you're sensitive to heat. Add **chickpeas**, **Mexican Fiesta spice blend** and half the **garlic** and cook until fragrant, **1-2 minutes**.
- Add the **butter**, **enchilada sauce** and the **water** and simmer until slightly reduced, **1-2 minutes**.
- Remove pan from heat, add **baby leaves** and stir until wilted. Lightly mash **chickpeas** until some of them have broken up and the sauce has thickened. Season with **salt** and **pepper**.

Custom Recipe: Cook pork mince along with leek and carrot, breaking up with a spoon, 4-5 minutes. Continue with recipe as above.



Grill the enchiladas

- Grill **enchiladas** until cheese is melted and golden and tortillas are warmed through, **8-10 minutes**.



Make the garlic sour cream

- Meanwhile, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **sour cream** and stir to combine. Season to taste.



Assemble the enchiladas

- Preheat grill to medium-high.
- Drizzle a baking dish with **olive oil**. Lay a **mini flour tortilla** on a clean surface. Spoon **chickpea filling** down the centre of **tortilla**. Roll **tortilla** up tightly and place, seam-side down, in the baking dish.
- Repeat with remaining **tortillas** and **chickpea filling**, ensuring they fit together snugly in the baking dish. Sprinkle with **shredded Cheddar cheese**.



Serve up

- Divide Mexican smashed chickpea enchiladas between plates.
- Drizzle with garlic sour cream and tear over **coriander** to serve. Enjoy!

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