



Smashed BBQ Chickpea Enchiladas

with Cheddar, Caramelised Onion & Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Carrot



Garlic



Chickpeas



Tomato Paste



Barbecue Seasoning



Vegetable Stock Powder



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Mixed Salad Leaves



Greek-Style Yoghurt



Beef Mince

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

With wholesome chickpeas, mini flour tortillas, gooey Cheddar cheese and sweet caramelised onion, this fan favourite dish style is colourful, delicious and a heap of fun. Don't forget to dollop on the yoghurt 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, Balsamic Vinegar, Brown Sugar, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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	½	1
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
carrot	1	2
garlic	3 cloves	6 cloves
chickpeas	1 tin	2 tins
tomato paste	½ packet	1 packet
barbecue seasoning	1 sachet	2 sachets
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
enchilada sauce	1 medium packet	2 medium packets
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
mixed salad leaves	1 small packet	1 medium packet
Greek-style yoghurt	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)	3416kJ (816Cal)	466kJ (111Cal)
Protein (g)	29.4g	4g
Fat, total (g)	30.8g	4.2g
- saturated (g)	16g	2.2g
Carbohydrate (g)	97.2g	13.3g
- sugars (g)	22.9g	3.1g
Sodium (mg)	2746mg	374mg
Dietary Fibre (g)	27.6g	3.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4612kJ (1102Cal)	537kJ (128Cal)
Protein (g)	58g	6.8g
Fat, total (g)	48.6g	5.7g
- saturated (g)	23.8g	2.8g
Carbohydrate (g)	97.2g	11.3g
- sugars (g)	22.9g	2.7g
Sodium (mg)	2797mg	326mg
Dietary fibre	27.6g	3.2g

The quantities provided above are averages only.

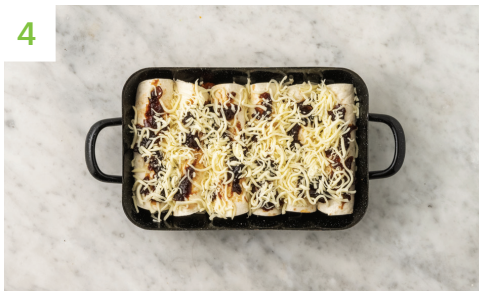
Allergens

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.



Caramelize the onion

- Thinly slice **onion** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium, then add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



Grill the enchiladas

- Preheat the grill to medium-high. Grease a baking dish with a drizzle of **olive oil**.
- Lay a **mini flour tortilla** on a flat surface. Spoon **chickpea filling** down the centre.
- Roll the **tortilla** up tightly and place, seam-side down, in the baking dish. Repeat with the remaining **tortillas** and **chickpea filling**, ensuring they fit together snugly in the baking dish.
- Top with the **caramelised onion** and sprinkle with **shredded Cheddar cheese**.
- Grill **enchiladas** until the cheese is melted and tortillas have warmed through, **8-10 minutes**.



Get prepped

- Meanwhile, grate **carrot**. Finely chop **garlic**. Drain and rinse **chickpeas**.



Toss the salad

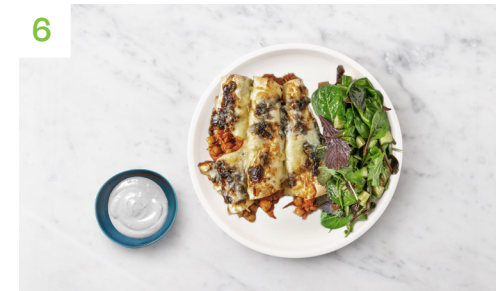
- While the enchiladas are cooking, roughly chop **cucumber**.
- In a medium bowl, combine **cucumber**, **mixed salad leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



Make the filling

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **carrot** until tender, **1-2 minutes**.
- Add **chickpeas**, **tomato paste** (see ingredients), **barbecue seasoning** and **garlic** and cook until fragrant, **1-2 minutes**.
- Add **vegetable stock powder**, the **butter**, a splash of **water** and **enchilada sauce** and simmer until slightly reduced, **1-2 minutes**.
- Remove pan from heat, then lightly mash **chickpeas** until some have broken up and sauce has thickened.

Custom Recipe: If you've added beef mince, cook along with carrot, breaking up with a spoon, 3-4 minutes. Continue with step as above.



Serve up

- Divide smashed BBQ chickpea enchiladas between plates.
- Serve with garden salad and **Greek-style yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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