



Mexican Loaded Beef Enchiladas

with Sour Cream & Charred Corn Salad

TAKEAWAY FAVES

Grab your meal kit with this number

22



Onion



Carrot



Sweetcorn



Beef Mince



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Baby Leaves



Sour Cream



Diced Bacon



Pork Mince

Prep in: 15-25 mins
Ready in: 30-40 mins

These cheesy enchiladas have all the flavours you would expect to find in a Mexican restaurant - our fiesta spice blend and enchilada sauce add the perfect amount of spice and sauciness to beef mince, all wrapped up in a golden tortilla and smothered in Cheddar. We'll freshen things up with a sweetcorn salsa and a cooling dollop of sour cream.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
carrot	1	2
sweetcorn	1 medium tin	1 large tin
beef mince	1 medium packet	2 medium packets OR 1 large packet
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
sour cream	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3685kJ (881cal)	319kJ (76cal)
Protein (g)	45g	3.9g
Fat, total (g)	44.8g	3.9g
- saturated (g)	22.2g	1.9g
Carbohydrate (g)	71.4g	6.2g
- sugars (g)	19.3g	1.7g
Sodium (mg)	2069mg	179.1mg
Dietary Fibre (g)	13.4g	1.2g

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.



Get prepped

- Preheat grill to medium-high.
- Finely chop **onion** (see ingredients). Grate **carrot**. Drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the corn kernels are “popping” out.



Grill the enchiladas

- Drizzle a baking dish with **olive oil**. Lay **mini flour tortillas** on a chopping board. Spoon **beef mixture** down the centre. Roll **tortilla** up tightly and place, seam-side down, in baking dish.
- Repeat with remaining **tortillas** and **beef mixture**, ensuring they fit together snugly in the baking dish. Top with remaining **enchilada sauce** and sprinkle with **shredded Cheddar cheese**.
- Grill **enchiladas** until cheese is melted and golden and tortillas are warmed through, **8-10 minutes**.



Cook the filling

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **beef mince**, **onion** and **carrot**, breaking up with a spoon, until just browned, **7-8 minutes**.
- **SPICY!** This spice blend is hot, use less if you're sensitive to heat! Add **Mexican Fiesta spice blend** and cook, until fragrant, **1 minute**.
- Add half the **enchilada sauce** and a splash of **water** and stir to combine.



Serve up

- Meanwhile, roughly chop **baby leaves**. Add to the charred corn along with a drizzle of **white wine vinegar** and olive oil.
- Season with salt and pepper and toss to combine.
- Divide Mexican loaded beef enchiladas between plates. Top with **sour cream** and serve with charred corn salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



CUSTOM OPTIONS

+ ADD DICED BACON

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

↻ SWAP TO PORK MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

