

Cheesy Bean & Veggie Enchiladas

with Sour Cream & Radish Salad

CLIMATE SUPERSTAR

Grab your meal kit with this number

40



Onion



Garlic



Carrot



Fresh Chilli (Optional)



Red Kidney Beans



Mexican Fiesta Spice Blend



Tomato Paste



Passata



Mini Flour Tortillas



Shredded Cheddar Cheese



Radish



Mixed Salad Leaves



Sour Cream



Beef Mince



Shredded Cheddar Cheese

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 radish salad, this is a sure-fire winner.

Pantry items

Olive Oil, Butter, Honey, 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
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
passata	¾ medium packet	1½ medium packets
butter*	20g	40g
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
radish	2	3
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
sour cream	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3564kJ (851Cal)	524kJ (125Cal)
Protein (g)	33.7g	5g
Fat, total (g)	35.8g	5.3g
- saturated (g)	20g	2.9g
Carbohydrate (g)	99.5g	14.6g
- sugars (g)	24.8g	3.6g
Sodium (mg)	2256mg	331mg
Dietary Fibre (g)	26.5g	3.9g

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



Bake the enchiladas

- Pour the remaining **passata** 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**.



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 **passata** (see ingredients). 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.



Make the salad

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



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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS

+ ADD BEEF MINCE

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

+ DOUBLE CHEDDAR CHEESE

Follow method above.

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

