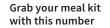


Cheesy Bean & Veggie Enchiladas with Sour Cream & Radish Salad

CLIMATE SUPERSTAR















Carrot



Fresh Chilli

(Optional)





Red Kidney Beans

Mexican Fiesta Spice Blend





Tomato Paste



Mini Flour



Tortillas

Shredded Cheddar



Radish

Mixed Salad Leaves



Sour Cream





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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
onion	1/2	1	
garlic	1 clove	2 cloves	
carrot	1	2	
fresh chilli 🌶 (optional)	1/2	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	
advanced district			
shredded Cheddar cheese	1 medium packet	1 large packet	
	1 medium packet 2	1 large packet	
Cheddar cheese radish honey*	·	0 .	
Cheddar cheese radish	2	3	
Cheddar cheese radish honey* white wine	2 1 tsp	3 2 tsp	

^{*}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.



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.



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 snuggly.



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.



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.



Serve up

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

