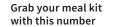


Saucy Mexican Chickpea Enchiladas with Charred Corn Salsa & Sour Cream

















Sweetcorn



Chickpeas



Mexican Fiesta



Spice Blend





Mini Flour Tortillas

Shredded Cheddar Cheese





Coriander

Cucumber





Tomato

Sour Cream





Cheddar Cheese

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
onion	1/2	1
carrot	1	2
sweetcorn	1 medium tin	1 large tin
chickpeas	1 tin	2 tins
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
passata	1 packet	2 packets
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
coriander	1 packet	1 packet
cucumber	1/2	1
tomato	1	2
white wine vinegar*	drizzle	drizzle
sour cream	1 packet	2 packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3301kJ (788Cal)	421kJ (100Cal)
Protein (g)	33.4g	4.3g
Fat, total (g)	27.5g	3.5g
- saturated (g)	14.5g	1.8g
Carbohydrate (g)	93.6g	11.9g
- sugars (g)	22.1g	2.8g
Sodium (mg)	2262mg	288mg
Dietary Fibre (g)	22.8g	2.9g

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

- Finely chop onion (see ingredients).
- Grate carrot.
- Drain sweetcorn.
- Drain and rinse chickpeas.



Char the corn

 Heat a large frying pan over medium-high heat.
 Cook sweetcorn, tossing occasionally, until lightly browned, 4-5 minutes. Transfer to a medium bowl.

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



Make the filling

- Return the pan to medium-high heat with a drizzle of olive oil. Cook onion and carrot, tossing, until softened, 3-4 minutes.
- SPICY! The spice blend is hot, use less if you're sensitive to heat. Add Mexican Fiesta spice blend and cook until fragrant, 1-2 minutes.
- Add chickpeas, half the charred corn and half the passata. Stir to combine, lightly crush chickpeas with the back of a spoon, then remove pan from heat.

TIP: Add a splash of water if the filling looks dry.



Grill 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 into the centre. Roll tortilla up tightly and place, seam-side down, in the baking dish.
- Repeat with remaining tortillas and chickpea filling, ensuring they fit together snuggly in the baking dish.
- Top tortillas with the remaining passata and sprinkle with shredded Cheddar cheese. Grill enchiladas until cheese is golden, 5-8 minutes.



Make the salsa

- While the enchiladas are grilling, roughly chop coriander.
- Finely chop cucumber (see ingredients) and tomato.
- Add coriander, cucumber and tomato to the remaining charred corn.
- Drizzle with white wine vinegar and olive oil.
 Season to taste and toss to coat. Set aside.



Serve up

- Divide saucy Mexican chickpea enchiladas between plates.
- Top with charred corn salsa and sour cream to serve. Enjoy!



DOUBLE CHEDDAR CHEESE Follow method above.



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

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

