



American BBQ Pulled Pork Enchiladas

with Charred Corn Salsa & Yoghurt

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Pulled Pork



All-American Spice Blend



BBQ Sauce



Mini Flour Tortillas



Crushed & Sieved Tomatoes



Shredded Cheddar Cheese



Sweetcorn



Tomato



Coriander



Yoghurt

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Cheesy, saucy and smokey - this American and Mexican fusion is an explosion of colour and flavour! From the tasty BBQ sauce to the succulent pulled pork and cooling yoghurt, every bite will knock your socks off!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	2 cloves	4 cloves
carrot	1	2
pulled pork	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
BBQ sauce	½ packet (20g)	1 packet (40g)
water*	¼ cup	½ cup
mini flour tortillas	6	12
crushed & sieved tomatoes	¼ tin	½ tin
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sweetcorn	½ tin	1 tin
tomato	1	2
coriander	1 bunch	1 bunch
yoghurt	1 small packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3200kJ (764Cal)	529kJ (126Cal)
Protein (g)	50.0g	8.3g
Fat, total (g)	24.4g	4.0g
- saturated (g)	9.7g	1.6g
Carbohydrate (g)	78.4g	13.0g
- sugars (g)	23.5g	3.9g
Sodium (mg)	1720mg	284mg

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.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion** (see ingredients list). Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled).



2. Cook the veggies

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and **carrot** and cook, stirring occasionally, until just softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**.



3. Add the pulled pork

Add another **drizzle of olive oil** to the pan, then add the **pulled pork** and **All-American spice blend** and cook until fragrant, **1 minute**. Add the **BBQ sauce** (see ingredients list) and stir to combine. Add the **water** and cook, stirring, until well combined, **1 minute**. Season to taste with **salt** and **pepper**.

TIP: Add a dash more water if it looks a little dry!



4. Bake the enchiladas

Place the **mini flour tortillas** on a flat surface and fill each with **1/4 cup** of the **enchilada filling**. Roll the **tortillas** to enclose the filling and place, seam-side down, in a large baking dish. Top the enchiladas with the **crushed & sieved tomatoes** (see ingredients list) and **shredded Cheddar cheese**. Season with **salt** and **pepper** and bake until the cheese is golden, **10-15 minutes**.



5. Make the salsa

While the enchiladas are baking, drain the **sweetcorn** (see ingredients list). Roughly chop the **tomato** and **coriander**. Wash the frying pan and return to a high heat. Add the **sweetcorn** and cook until lightly charred, **3-4 minutes**. Transfer to a large bowl to cool slightly. Add the **tomato** and **coriander** to the bowl with the charred **corn**. Just before serving, **drizzle** with **olive oil** and season with **salt** and **pepper**.

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



6. Serve up

Divide the cheesy pulled pork enchiladas between plates. Top with the charred corn salsa and a dollop of **yoghurt**.

Enjoy!