



American Kumara & Black Bean Enchiladas

with Salsa, Greek-Style Yoghurt & Chipotle

Grab your Meal Kit with this symbol



Red Kumara



Carrot



Brown Onion



Garlic



Black Beans



All-American Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Tomato



Greek-Style Yoghurt



Mild Chipotle Sauce



Beef Mince

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Thanks to tender roasted chunks of red kumara and carrot, plus hearty black beans, these tasty enchiladas bring their A-game in every single way.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red kumara	1 (medium)	1 (large)
carrot	1	2
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
black beans	1 tin	2 tins
All-American spice blend	1 sachet	1 sachet
enchilada sauce	1 packet (140g)	2 packets (280g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	2 packets (100g)
cucumber	1 (medium)	1 (large)
tomato	1	2
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
mild chipotle sauce	1 packet (40g)	2 packets (80g)
beef mince**	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3308kJ (791Cal)	440kJ (105Cal)
Protein (g)	29.5g	3.9g
Fat, total (g)	26.8g	3.6g
- saturated (g)	12.3g	1.6g
Carbohydrate (g)	105g	14g
- sugars (g)	26.1g	3.5g
Sodium (mg)	2442mg	325mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4326kJ (1034Cal)	494kJ (118Cal)
Protein (g)	57.3g	6.5g
Fat, total (g)	38.5g	4.4g
- saturated (g)	18.5g	2.1g
Carbohydrate (g)	105g	12g
- sugars (g)	26.1g	3g
Sodium (mg)	2498mg	285mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Cut the **red kumara** and **carrot** into bite-sized chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Add a dash of **water** to the tray, toss to coat, then roast until tender, **20-25 minutes**.



Assemble the enchiladas

Reduce the oven temperature to **220°C/200°C fan-forced**. Grease a baking dish with a drizzle of **olive oil**. Lay the **mini flour tortillas** on a flat surface. Spoon the **enchilada filling** down the centre of a **tortilla**. Roll the **tortillas** up tightly and place, seam-side down, in the baking dish. Repeat with the remaining **tortillas** and **filling**. Pour over the remaining **enchilada sauce** and sprinkle with the **shredded Cheddar cheese**. Bake until golden, **10-12 minutes**.



Get prepped

While the veggies are roasting, thinly slice the **brown onion**. Finely chop the **garlic**. Drain and rinse the **black beans**.



Make the salsa

While the enchiladas are baking, finely chop the **cucumber** and **tomato**. In a medium bowl, add the **cucumber**, **tomato**, a small drizzle of **white wine vinegar** and **olive oil** and a pinch of **salt** and **pepper**. Stir to combine.



Cook the filling

When the veggies have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **onion** until softened, **4-5 minutes**. Add the **black beans**, **garlic** and **All-American spice blend** and cook until fragrant, **1-2 minutes**. Add **1/2 the enchilada sauce**, then season to taste and stir to combine. Remove from the heat, then stir through the roasted veggies.

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

CUSTOM RECIPE

If you added beef mince to your meal, cook the beef with the onion, breaking up with a spoon, 4-5 minutes. Continue with step.



Serve up

Divide the American kumara and black bean enchiladas between plates. Top with the salsa and a dollop of **Greek-style yoghurt**. Drizzle over the **mild chipotle sauce** to serve.

TIP: The chipotle sauce is mild, but use less if you're sensitive to heat.

Enjoy!