



American Kumara & Kidney Bean Enchiladas

with Salsa & Chipotle Sauce

Grab your Meal Kit with this symbol



Kumara



Carrot



Onion



Garlic



Red Kidney Beans



All-American Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Cucumber



Tomato



Mild Chipotle Sauce



Shredded Cheddar Cheese



Plant-Based Sour Cream



Beef Mince

Prep in: **20-30 mins**
Ready in: **30-40 mins**

Enchiladas – what could be more fun? Make a tasty bean filling, roll it up in soft flour wraps and then top the whole thing off with melted cheesy goodness. With a fresh salsa and dollop of plant-based sour cream, this vego meal is a real winner in our books.

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
kumara	1 (medium)	1 (large)
carrot	1	2
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
red kidney 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 (40g)	1 packet (80g)
cucumber	1 (medium)	1 (large)
tomato	1	2
white wine vinegar*	drizzle	drizzle
plant-based sour cream	1 packet	2 packets
mild chipotle sauce	1 packet (40g)	2 packets (80g)
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3530kJ (844Cal)	435kJ (104Cal)
Protein (g)	34.9g	4.3g
Fat, total (g)	24.1g	3g
- saturated (g)	11.1g	1.4g
Carbohydrate (g)	114.6g	14.1g
- sugars (g)	27.8g	3.4g
Sodium (mg)	2376mg	293mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4726kJ (1130Cal)	505kJ (121Cal)
Protein (g)	63.5g	6.8g
Fat, total (g)	41.8g	4.5g
- saturated (g)	19g	2g
Carbohydrate (g)	114.6g	12.2g
- sugars (g)	27.8g	3g
Sodium (mg)	2414mg	258mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW49



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **kumara** and **carrot** into bite-sized chunks.
- Place **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 oven temperature to **220°C/200°C fan-forced**. Grease a baking dish with a drizzle of **olive oil**.
- Lay **mini flour tortillas** on a flat surface. Spoon the **veggie filling** down the centre of a **tortilla**.
- Roll the **tortilla** up tightly and place, seam-side down, in the baking dish. Repeat with remaining **tortillas** and **filling**.
- Pour over the remaining **enchilada sauce** and sprinkle with **shredded Cheddar cheese**. Bake until golden, **10-12 minutes**.



Get prepped

- While the veggies are roasting, thinly slice **onion**. Finely chop **garlic**.
- Drain and rinse **red kidney beans**.



Make the salsa

- While the enchiladas are baking, finely chop **cucumber** and **tomato**.
- In a medium bowl, add **cucumber**, **tomato**, a drizzle of **white wine vinegar** and **olive oil**. Season and stir to combine.



Cook the filling

- When veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **onion** until softened, **4-5 minutes**. Add **kidney 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 heat, then stir through the **roasted veggies**.

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

Custom Recipe: If you added beef to your meal, cook the beef with the onion, breaking up with a spoon, 4-5 minutes as above.



Serve up

- Divide American kumara and red kidney bean enchiladas between plates.
- Top with a dollop of **plant-based sour cream** and the salsa. Drizzle over **mild chipotle sauce** to serve. Enjoy!

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate