



Smokey Potato & Kidney Bean Enchiladas

with Tomato Salsa, Yoghurt & Chipotle Sauce

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Onion



Garlic



Red Kidney Beans



All-American Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Cucumber



Tomato



Mild Chipotle Sauce



Shredded Cheddar Cheese



Greek-Style Yoghurt



Beef Mince

Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

This is not a magic trick and your eyes aren't deceiving you, these enchiladas are enchanting. The roasted veggies tossed into the kidney bean sauce combines to make a taste sensation that is packed and rolled into the enchiladas to be baked until golden and warm. Simply magical!

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

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
potato	1	2
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
Greek-style yoghurt	1 medium packet	1 large packet
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



2023 | CW11

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Roast until tender, **20-25 minutes**.

2



Get prepped

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

3



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

4



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 the cheese is melted and golden, **10-12 minutes**.

5



Make the salsa

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

6



Serve up

- Divide smokey potato and red kidney bean enchiladas between plates.
- Top with tomato salsa and a dollop of **Greek-style yoghurt**.
- 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