



Butter Bean & Veggie Enchiladas

with Cheddar & Garlic Aioli

Grab your Meal Kit with this symbol



Onion



Garlic



Sweetcorn



Baby Spinach Leaves



Cucumber



Carrot



Cannellini Beans



All-American Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Garlic Aioli



Shredded Cheddar Cheese

Recipe Update
 The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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

Who said you can't have delicious veggie-based enchiladas? Okay, probably no one but if they ever do this dish is here to prove them wrong! Buttery and saucy cannellini beans are cooked to perfection in our enchilada sauce alongside spiced veggies. Wrap it up in the tortillas, add a fresh salsa and lots of cheese and there you have it, living, great smelling proof of the best veggie enchiladas.

Pantry items

Olive Oil, Butter, Red 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

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
baby spinach leaves	1 small bag	1 medium bag
carrot	1	2
sweetcorn	½ tin	1 tin
cannellini beans	1 tin	2 tins
All-American spice blend	1 sachet	1 sachet
butter*	20g	40g
enchilada sauce	1 packet (140g)	2 packets (280g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
red wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3581kJ (855Cal)	550kJ (131Cal)
Protein (g)	27.6g	4.2g
Fat, total (g)	41g	6.3g
- saturated (g)	17.3g	2.7g
Carbohydrate (g)	88.3g	13.6g
- sugars (g)	20.4g	3.1g
Sodium (mg)	2534mg	389mg

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**, **garlic** and **cucumber**. Roughly chop **baby spinach leaves**. Grate the **carrot**. Drain **sweetcorn** (see ingredients). Drain and rinse **cannellini beans**.



Grill the enchiladas

- Preheat grill to high. Drizzle a baking dish with **olive oil**.
- Lay **mini flour tortillas** on a chopping board. Spoon some **bean mixture** down the centre of a **tortilla**, then roll it up tightly and place, seam-side down, in the baking dish. Repeat with remaining **tortillas** and **bean mixture**, ensuring the tortillas fit together snugly.
- Pour over remaining **enchilada sauce**. Sprinkle with **shredded Cheddar cheese**. Grill **enchiladas** until warmed through and cheese is melted and golden, **6-10 minutes**.



Cook the veggies

- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **onion**, **sweetcorn** and **carrot** until softened, **5 minutes**.
- Add **All-American spice blend** and **garlic** and cook until fragrant, **1 minute**.



Make the salsa

- Meanwhile, add **baby spinach** and **cucumber** to a medium bowl.
- Drizzle with **red wine vinegar** and **olive oil**, tossing to coat. Season to taste.



Cook the filling

- Add **cannellini beans**, the **butter**, a splash of **water** and 1/2 the **enchilada sauce**. Cook until slightly thickened, **3-4 minutes**.
- Remove pan from heat, then lightly crush **beans** with a potato masher or fork. Season with **salt** and **pepper** to taste.



Serve up

- Divide butter bean and veggie enchiladas between plates.
- Top with cucumber salsa and **garlic aioli** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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