



# Cannellini Bean & Veggie Enchiladas

with Cheddar & Garlic Aioli

Grab your Meal Kit with this symbol



Onion



Garlic



Cucumber



Carrot



Sweetcorn



Cannellini Beans



All-American Spice Blend



Baby Spinach Leaves



Vegetable Stock Powder



Enchilada Sauce



Mini Flour Tortillas



Garlic Aioli



Shredded Cheddar Cheese

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 enchilada sauce alongside spiced veggies. Wrap it up in the tortillas, add a fresh salsa and lots of cheese and there you have it, 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         |
|--------------------------|-----------------|------------------|
| <b>olive oil*</b>        | refer to method | refer to method  |
| onion                    | 1 (medium)      | 1 (large)        |
| garlic                   | 2 cloves        | 4 cloves         |
| cucumber                 | 1 (medium)      | 1 (large)        |
| carrot                   | 1               | 2                |
| sweetcorn                | 1 tin           | 1 tin            |
| cannellini beans         | 1 tin           | 2 tins           |
| All-American spice blend | 1 sachet        | 1 sachet         |
| baby spinach leaves      | 1 small bag     | 1 medium bag     |
| vegetable stock powder   | 1 medium sachet | 1 large sachet   |
| <b>butter*</b>           | 20g             | 40g              |
| <b>water*</b>            | ¼ cup           | ½ cup            |
| enchilada sauce          | 1 packet (140g) | 2 packets (280g) |
| mini flour tortillas     | 6               | 12               |
| shredded Cheddar cheese  | 1 packet (40g)  | 1 packet (80g)   |
| <b>red wine vinegar*</b> | drizzle         | drizzle          |
| garlic aioli             | 1 medium packet | 1 large packet   |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3470kJ (829Cal) | 554kJ (132Cal) |
| Protein (g)      | 26.1g           | 4.2g           |
| Fat, total (g)   | 39g             | 6.2g           |
| - saturated (g)  | 16.1g           | 2.6g           |
| Carbohydrate (g) | 87.7g           | 14g            |
| - sugars (g)     | 20.3g           | 3.2g           |
| Sodium (mg)      | 2887mg          | 461mg          |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.nz/foodinfo](https://hellofresh.com.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**. Grate the **carrot**.
- Drain the **sweetcorn**. 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. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** and **carrot** until softened, **5 minutes**.
- Add **All-American spice blend** and **garlic** and cook until fragrant, **1 minute**.

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



## Make the salsa

- Meanwhile, to the bowl with the charred **corn**, add **cucumber** and drizzle with **red wine vinegar** and **olive olive**. Toss to coat and season to taste.



## Cook the filling

- Add **baby spinach leaves**, **vegetable stock powder**, **cannellini beans**, the **butter**, **water** and 1/2 the **enchilada sauce**. Cook until slightly thickened, **2-3 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 cannellini 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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