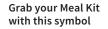


Cannellini Bean & Veggie Enchiladas

with Cheddar & Garlic Aioli















Cucumber



Carrot



Sweetcorn

Cannellini Beans





All-American Spice Blend







Vegetable Stock Powder

Enchilada Sauce





Mini Flour Tortillas

Garlic Aioli



Shredded Cheddar Cheese

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

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	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)	
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	
butter*	20g	40g	
water*	1/4 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)	
red wine vinegar*	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 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.



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



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.



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.



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.



Serve up

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



Scan here if you have any questions or concerns

