



Cheat's Beef & Corn Enchiladas

with Mixed Salad, Cheddar Cheese & Sour Cream

Grab your Meal Kit with this symbol



Garlic



Carrot



Sweetcorn



Beef Mince



Tex-Mex Spice Blend



Chopped Tomatoes



Mini Flour Tortillas



Shredded Cheddar Cheese



Mixed Salad Leaves



Sour Cream



Shredded Cheddar Cheese

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Everyone loves enchiladas, but we've made them even more lovable by getting them on the table quicker. This version uses the grill to melt the cheese, and adds corn and carrot to the beef mixture for extra flavour and texture.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Sugar, Butter

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
garlic	2 cloves	4 cloves
carrot	1	2
sweetcorn	½ tin	1 tin
beef mince	1 packet	1 packet
Tex-Mex spice blend	1 sachet	1 sachet
chopped tomatoes	½ tin	1 tin
sugar*	½ tsp	1 tsp
salt*	¼ tsp	½ tsp
water*	¼ cup	½ cup
butter*	20g	40g
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 packet (30g)	1 packet (60g)
sour cream	1 medium packet	1 large packet
shredded Cheddar cheese**	1 packet (50g)	1 packet (100g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4427kJ (1058Cal)	751kJ (179Cal)
Protein (g)	49.5g	8.4g
Fat, total (g)	58.7g	10g
- saturated (g)	32.7g	5.5g
Carbohydrate (g)	58.6g	9.9g
- sugars (g)	18.5g	3.1g
Sodium (mg)	1754mg	298mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4874kJ (1164Cal)	793kJ (189Cal)
Protein (g)	55.3g	9g
Fat, total (g)	68.1g	11.1g
- saturated (g)	38.3g	6.2g
Carbohydrate (g)	58.6g	9.5g
- sugars (g)	18.5g	3g
Sodium (mg)	1927mg	314mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Finely chop the **garlic**. Grate the **carrot**. Drain the **sweetcorn** (see ingredients).



Cook the beef

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef mince**, breaking it up with a spoon, until just browned, **2-3 minutes**. Add the **carrot** and cook, stirring, until softened, **2 minutes**. Add the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**.



Make it saucy

Add the **chopped tomatoes** (see ingredients), the **sugar, salt, water, butter** and **sweetcorn** and bring to the boil. Reduce the heat to medium, then simmer until thickened, **5 minutes**.

TIP: Add another splash of water if the beef mixture looks dry!



Bake the enchiladas

Preheat the grill to medium-high. Grease a baking dish with **olive oil**. Lay a **mini flour tortilla** on a flat surface and spoon some of the **beef mixture** down the centre. Roll the **tortilla** up tightly and place, seam-side down, in the baking dish. Repeat with the remaining **tortillas** and **beef mixture**, ensuring they fit together snugly in the baking dish. Sprinkle with the **shredded Cheddar cheese**, then grill the **enchiladas** until the cheese is melted and the tortillas have warmed through, **8-10 minutes**.



Dress the salad

While the enchiladas are grilling, combine the **mixed salad leaves** and a drizzle of **olive oil** in a large bowl. Season with **salt** and **pepper** and toss to combine.



Serve up

Divide the cheat's beef and corn enchiladas between plates. Top with the **sour cream** and serve with the mixed salad.

Enjoy!

CUSTOM RECIPE

If you've doubled your Cheddar cheese, sprinkle it over the enchiladas as above!