

Cheat's Beef Enchiladas

with Pickled Onion & Cucumber Salsa

Grab your Meal Kit with this symbol



Red Onion



Carrot



Garlic



Sweetcorn



Beef Mince



Tex-Mex Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Greek-Style Yoghurt

Keep an eye out...

Due to recent sourcing challenges, we've replaced tomato with sweetcorn, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

 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 faster. This version uses the grill to melt the cheese and adds carrot to the beef mixture for unbeatable flavour and texture.

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine), Sugar

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
red onion	1 (medium)	1 (large)
vinegar* (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
garlic	3 cloves	6 cloves
sweetcorn	½ tin	1 tin
beef mince	1 packet	1 packet
Tex-Mex spice blend	1 sachet	1 sachet
sugar*	½ tsp	1 tsp
salt*	¼ tsp	½ tsp
enchilada sauce	½ packet (70g)	1 packet (140g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
cucumber	1 (medium)	1 (large)
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3227kJ (771Cal)	499kJ (119Cal)
Protein (g)	46.9g	7.2g
Fat, total (g)	31.4g	4.9g
- saturated (g)	17.7g	2.7g
Carbohydrate (g)	69.5g	10.7g
- sugars (g)	21.3g	3.3g
Sodium (mg)	2141mg	331mg

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.

1



Pickle the onion

Thinly slice the **red onion**. In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Scrunch 1/2 the **onion** in your hands, then add it to the **pickling liquid** with just enough **water** to cover the **onion**. Set aside.

2



Get prepped

While the onion is pickling, grate the **carrot**. Finely chop the **garlic**. Drain the **sweetcorn** (see ingredients). Heat a large frying pan over high heat. Cook the **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

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

3



Cook the filling

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **beef mince** and remaining **onion**, breaking the mince up with a spoon, until browned, **4-6 minutes**. Add the **carrot** and cook until softened, **2 minutes**. Add the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **30 seconds**. Add the **sugar**, the **salt**, 1/2 the **enchilada sauce** (see ingredients) and a splash of **water** and bring to the boil. Reduce the heat to medium and simmer until thickened, **1-2 minutes**.

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

4



Grill the enchiladas

Preheat the grill to medium-high. Grease a baking dish with a drizzle of **olive oil**. Place the **mini flour tortillas** on a flat surface and divide the **beef filling** between the tortillas. Roll up the **tortillas** to close and place, seam-side down, in the baking dish. Pour over the remaining **enchilada sauce** and sprinkle with the **shredded Cheddar cheese**. Grill the **enchiladas** until the cheese is melted and the tortillas are warmed through, **8-10 minutes**.

5



Make the salsa

While the enchiladas are grilling, finely chop the **cucumber**. Add the **cucumber**, a drizzle of **olive oil** and some **pickling liquid** (1 tbs for 2 people / 2 tbs for 4 people) to the **charred corn**. Toss to combine. Season to taste.

6



Serve up

Drain the pickled onion. Divide the cheat's beef enchiladas between plates. Top with the **Greek-style yoghurt**, pickled onion and cucumber salsa to serve.

Enjoy!