

Mexican-Spiced Beef Enchiladas

with Pickled Onion & Charred Corn Salsa

Grab your Meal Kit with this symbol



Onion



Carrot



Garlic



Tex-Mex Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Tomato



Sweetcorn



Beef Mince



Shredded Cheddar Cheese



Greek-Style Yoghurt

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

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 Rice 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 baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
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 small packet	1 medium packet
Tex-Mex spice blend	1 sachet	1 sachet
sugar*	½ tsp	1 tsp
salt*	¼ tsp	½ tsp
enchilada sauce	½ medium packet	1 medium packet
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3363kJ (804Cal)	550kJ (131Cal)
Protein (g)	47.5g	7.8g
Fat, total (g)	37.3g	6.1g
- saturated (g)	19.6g	3.2g
Carbohydrate (g)	64.1g	10.5g
- sugars (g)	18.2g	3g
Sodium (mg)	1787mg	292mg

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.

We're here to help!

Scan here if you have any questions or concerns



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1 Pickle the onion

- Thinly slice **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 onion. Set aside.

Little cooks: Kids can help peel off the onion's outer layer (we recommend wearing goggles to avoid onion tears!).



4 Grill the enchiladas

- Preheat grill to medium-high. Grease a baking dish with a drizzle of **olive oil**. Place **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 remaining **enchilada sauce** and sprinkle with **shredded Cheddar cheese**. Grill **enchiladas** until the cheese is melted and the tortillas are warmed through, **8-10 minutes**.

Little cooks: Kids can take charge of assembling the enchiladas!



2 Get prepped

- Meanwhile, grate **carrot**. Finely chop **garlic**. Drain the **sweetcorn** (see ingredients).



5 Make the salsa

- Meanwhile, wipe out the frying pan and return to a high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- Finely chop **tomato**.
- Add **tomato** 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.

Little cooks: Take the lead by combining the ingredients for the salsa!



3 Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef mince** and remaining **onion**, breaking mince up with a spoon, until browned, **4-6 minutes**.
- Add **carrot** and cook until softened, **2 minutes**.
- Add **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 heat to medium and simmer until thickened, **1-2 minutes**.

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



6 Serve up

- Drain pickled onion.
- Divide Mexican-spiced beef enchiladas between plates.
- Top with **Greek-style yoghurt**, charred corn salsa and pickled onion to serve. Enjoy!

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