



Cheesy BBQ Smashed Chickpea Enchiladas

with Caramelised Onion & BBQ Mayo

Grab your Meal Kit with this symbol



Red Onion



Carrot



Garlic



Chickpeas



Barbecue Seasoning



Tomato Paste



Vegetable Stock Powder



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Mixed Salad Leaves



BBQ Mayo

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

With wholesome chickpeas, mini flour tortillas, gooey Cheddar cheese and sweet caramelised onion, this fan favourite dish style is colourful, delicious and a heap of fun. Don't forget to dollop on the smokey BBQ mayo to really get the party started!

Pantry items

Olive Oil, Balsamic Vinegar, Brown 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
red onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
carrot	1	2
garlic	3 cloves	6 cloves
chickpeas	1 tin	2 tins
barbecue seasoning	1 sachet	2 sachets
tomato paste	½ packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
mixed salad leaves	1 bag (30g)	1 bag (60g)
BBQ mayo	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3638kJ (870Cal)	632kJ (151Cal)
Protein (g)	25.7g	4.5g
Fat, total (g)	43.8g	7.6g
- saturated (g)	17.5g	3g
Carbohydrate (g)	88.2g	15.3g
- sugars (g)	22.2g	3.9g
Sodium (mg)	2876mg	499mg

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.



Caramelize the onion

Thinly slice the **red onion**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Reduce the heat to medium, then add the **balsamic vinegar, water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



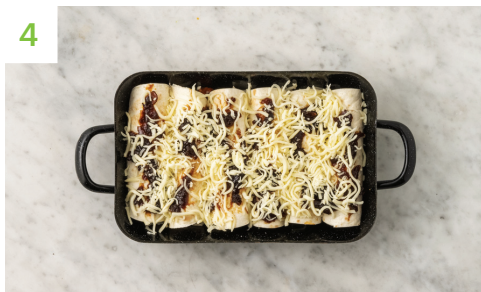
Get prepped

While the onion is cooking, grate the **carrot**. Finely chop the **garlic**. Drain and rinse the **chickpeas**.



Cook the filling

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** until tender, **1-2 minutes**. Add the **barbecue seasoning, garlic** and **tomato paste** (see ingredients) and cook until fragrant, **1-2 minutes**. Add the **chickpeas, vegetable-style stock powder, the butter** and **enchilada sauce** and simmer until slightly reduced, **1-2 minutes**. Remove the pan from the heat, then lightly mash the **chickpea mixture** until some of them have broken up and the sauce has thickened. Season to taste.



Grill the enchiladas

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



Toss the salad

While the enchiladas are grilling, roughly chop the **tomato**. In a medium bowl, combine the **tomato, mixed salad leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



Serve up

Divide the cheesy BBQ smashed chickpea enchiladas between plates. Serve with the salad and **BBQ mayo**.

Enjoy!