

Smashed BBQ Chickpea Enchiladas

with Cheddar, Caramelised Onion & Smokey Mayo

Grab your Meal Kit with this symbol



Onion



Carrot



Garlic



Chickpeas



Barbecue Seasoning



Vegetable Stock Powder



Enchilada Sauce



Mini Flour Tortillas



Tomato



Salad Leaves



Shredded Cheddar Cheese



BBQ Mayo

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and 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

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
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
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
enchilada sauce	1 packet (140g)	2 packets (280g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
salad leaves	1 small bag	1 medium bag
BBQ mayo	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3594kJ (859Cal)	638kJ (152Cal)
Protein (g)	25.2g	4.5g
Fat, total (g)	43.8g	7.8g
- saturated (g)	17.5g	3.1g
Carbohydrate (g)	86.4g	15.3g
- sugars (g)	19.8g	3.5g
Sodium (mg)	2794mg	496mg

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



Get prepped

- Meanwhile, grate **carrot**. Finely chop **garlic**. Drain and rinse **chickpeas**.



Make the filling

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



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 **chickpea filling** down the centre.
- Roll the **tortilla** up tightly and place, seam-side down, in the baking dish. Repeat with the remaining **tortillas** and **chickpea filling**, ensuring they fit together snugly in baking dish.
- Top with the **caramelised onion** and sprinkle with **shredded Cheddar cheese**.
- Grill **enchiladas** until the cheese is melted and the tortillas have warmed through, **8-10 minutes**.



Toss the salad

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



Serve up

- Divide smashed BBQ chickpea enchiladas between plates.
- Serve with garden salad and **BBQ mayo**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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