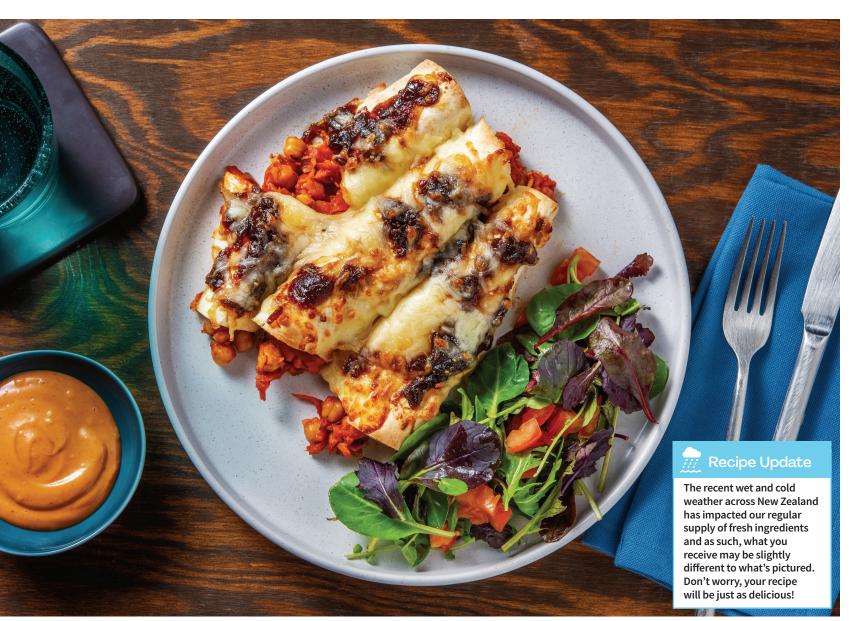


# Smashed BBQ Chickpea Enchiladas with Cheddar, Caramelised Onion & Smokey Mayo

Grab your Meal Kit with this symbol













Garlic

Chickpeas





**Barbecue Seasoning** 

Vegetable Stock Powder





Enchilada Sauce

Mini Flour Tortillas









Shredded Cheddar Cheese

BBQ Mayo

#### **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**

Per Serving	Per 100g
3594kJ (859Cal)	638kJ (152Cal)
25.2g	4.5g
43.8g	7.8g
17.5g	3.1g
86.4g	15.3g
19.8g	3.5g
2794mg	496mg
	3594kJ (859Cal) 25.2g 43.8g 17.5g 86.4g 19.8g

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.



#### Caramelise 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!



Scan here if you have any questions or concerns

We need your expertise!

Let our Culinary team know: hellofresh.co.nz/rate