



CHEESY MEXICAN BEAN ENCHILADAS

with Charred Corn Salsa



Make homemade
enchiladas



Red Onion



Carrot



Sweetcorn



Red Kidney
Beans



Mexican Fiesta
Spice Blend



Enchilada Sauce



Mini Flour
Tortillas



Mozzarella Cheese



Coriander



Tomato



Lime



Greek Yoghurt

Hands-on: **35 mins**
Ready in: **40 mins**
Spicy (Mexican
Fiesta spice blend)

It's a Mexican fiesta done properly – with beans, tortillas, lots of cheese and salsa. It's colourful, delicious and a heap of fun. Don't forget to dollop on the yoghurt and give it all a fresh squeeze of lime to really get the fiesta going!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium frying pan** • **medium baking dish**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **red onion**. Grate the **carrot** (unpeeled). Drain the **sweetcorn**. Drain and rinse the **red kidney beans**. Grate the **mozzarella cheese** (see ingredients list).



2 CHAR THE CORN

Heat a medium frying pan over a medium-high heat. Add the **sweetcorn** and cook, tossing occasionally, for **5 minutes** or until golden and lightly charred. Transfer to a medium bowl. **TIP:** Cover the pan with a lid or foil if the kernels start 'popping' out!



3 MAKE THE ENCHILADA FILLING

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **red onion** (reserve a little for the salsa if you like) and **carrot** and cook for **3-4 minutes** or until softened. Add the **Mexican Fiesta spice blend** and cook for **1-2 minutes** or until fragrant. **SPICY!** You may find the spice blend hot! Feel free to add less, depending on your taste. Add the **red kidney beans**, **1/2** the charred **corn** and **1/2** the **enchilada sauce**. Stir to combine, then remove the pan from the heat.



4 BAKE THE ENCHILADAS

Working one at a time, place a **mini flour tortilla** on a flat surface and top with a generous spoonful of the **enchilada filling**. Roll the tortilla to close and place, seam-side down, in a medium baking dish. Once all the tortillas are in the dish, top with the **remaining enchilada sauce** and sprinkle with the **grated mozzarella cheese**. Bake for **15 minutes**, or until the cheese is golden.



5 MAKE THE SALSA

While the enchiladas are baking, roughly chop the **coriander**. Finely chop the **tomato**. Add any **reserved red onion**, the tomato and coriander to the bowl with the **remaining charred corn**. **Drizzle** with **olive oil** and add a squeeze of **lime juice**. Season to taste with **salt** and **pepper** and toss to coat. **TIP:** Add as much or as little lime juice as you like depending on your taste.



6 SERVE UP

Divide the cheesy enchiladas between plates and top with a dollop of **Greek yogurt** and the salsa. Serve with any remaining lime wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
carrot	1	2
sweetcorn	1 tin (300 g)	2 tins (600 g)
red kidney beans	1 tin	2 tins
mozzarella cheese	¼ block (50 g)	½ block (100 g)
Mexican Fiesta spice blend	1 sachet	2 sachets
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
coriander	1 bunch	1 bunch
tomato	1	2
lime	1	2
Greek yoghurt	1 tub (100 g)	1 tub (185 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3140kJ (751Cal)	352kJ (84Cal)
Protein (g)	33.3g	3.7g
Fat, total (g)	19.9g	2.2g
- saturated (g)	6.6g	0.7g
Carbohydrate (g)	96.3g	10.8g
- sugars (g)	29.2g	3.3g
Sodium (g)	2420mg	271mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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