



Cheesy Mexican Bean Enchiladas

with Charred Corn Salsa

Grab your Meal Kit with this symbol



Brown Onion



Sweetcorn



Carrot



Red Kidney Beans



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Coriander



Baby Spinach Leaves



Lemon



Sour Cream

Hands-on: **30-40 mins**
 Ready in: **35-45 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 sour cream and give it all a fresh squeeze of lemon to really get the fiesta going!

Pantry items

Olive Oil

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

Medium frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
sweetcorn	½ tin	1 tin
carrot	1	2
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
enchilada sauce	1 packet (140g)	2 packets (280g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
coriander	1 bunch	1 bunch
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
sour cream	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3070kJ (734Cal)	507kJ (121Cal)
Protein (g)	27.0g	4.5g
Fat, total (g)	30.5g	5.0g
- saturated (g)	12.9g	2.1g
Carbohydrate (g)	78.0g	12.9g
- sugars (g)	17.3g	2.9g
Sodium (mg)	2060mg	340mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Finely chop the **brown onion**. Drain the **sweetcorn** (see ingredients list). Grate the **carrot** (unpeeled). Drain and rinse the **red kidney beans**.



2. Char the corn

Heat a medium frying pan over a medium-high heat. Add the **sweetcorn** and cook, tossing occasionally, until lightly charred, **5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



3. Make the enchilada sauce

SPICY! The spice blend is hot, use less if you're sensitive to heat. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and **carrot** and cook until softened, **3-4 minutes**. Add the **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**. 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

Preheat the grill to medium-high. Working with 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 enclose and place, seam-side down, in a medium baking dish. Repeat with the **remaining tortillas** and **enchilada filling**. When all the tortillas are in the dish, top with the **remaining enchilada sauce** and sprinkle with the **shredded Cheddar cheese**. Grill until the cheese is golden, **5-8 minutes**.

TIP: Grills cook fast, so keep an eye on the enchiladas!



5. Make the salsa

While the enchiladas are grilling, roughly chop the **coriander**. Roughly chop the **baby spinach leaves**. Slice the **lemon** (see ingredients list) into wedges. Add the **baby spinach** and **coriander** to the bowl with the **remaining charred corn**. **Drizzle** with **olive oil** and add a **squeeze of lemon juice**. Season to taste with **salt** and **pepper** and toss to coat.

TIP: Add as much or as little lemon juice as you like depending on your taste.



6. Serve up

Divide the cheesy enchiladas between plates and top with the salsa and a dollop of **sour cream**. Serve with any remaining lemon wedges.

Enjoy!