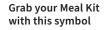


Cheesy Mexican Beef Enchiladas with Charred Corn & Tomato Salsa













Sweetcorn







Mexican Fiesta Spice Blend





Mini Flour



Tortillas

Shredded Cheddar Cheese



Tomato



Greek-Style Yoghurt

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine)

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 \cdot Medium or large baking dish

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
sweetcorn	½ tin	1 tin	
brown onion	1 (medium)	1 (large)	
garlic	1 clove	2 cloves	
beef mince	1 packet	1 packet	
Mexican Fiesta spice blend	1 sachet	1 sachet	
enchilada sauce	1 packet (140g)	2 packets (280g)	
mini flour tortillas	6	12	
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)	
tomato	1	2	
vinegar* (white wine or red wine)	½ tsp	1 tsp	
Greek-style yoghurt	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3052kJ (729Cal)	563kJ (135Cal)
Protein (g)	47g	8.7g
Fat, total (g)	29.7g	5.5g
- saturated (g)	13.7g	2.5g
Carbohydrate (g)	59.8g	11g
- sugars (g)	15.6g	2.9g
Sodium (mg)	1839mg	339mg

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.



Get prepped

Preheat the oven to 220°C/200°C fan-forced. Drain the **sweetcorn** (see ingredients). Finely chop the **brown onion**. Finely chop the **garlic**.



Char the corn

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **sweetcorn**, tossing occasionally, until golden and lightly charred, **4-5 minutes**. Transfer to a medium bowl.

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



Make the filling

SPICY! The spice blend is hot, use less if you're sensitive to heat. Return the frying pan to a medium-high heat with a drizzle of olive oil. Cook the onion until softened, 2-3 minutes. Add the garlic and cook until fragrant, 1 minute. Add the beef mince, then season with salt and pepper. Cook, breaking up with a spoon, until browned, 4-5 minutes. Add the Mexican Fiesta spice blend and cook until fragrant, 1 minute. Add 1/2 the enchilada sauce and stir to combine.



Bake the enchiladas

Place the **mini flour tortillas** on a flat surface and fill evenly with the **enchilada filling**. Roll the **tortillas** to close and place, seam-side down, in a baking dish. Top with the remaining **enchilada sauce** and sprinkle with the **shredded Cheddar cheese**. Bake until the cheese is melted and golden, **15 minutes**.



Make the corn salsa

While the enchiladas are baking, finely chop the **tomato**. Add the **tomato** to the charred **corn**, drizzle with **olive oil**, then add the **vinegar** and season.

TIP: Seasoning is key in salsa! Season with more salt, pepper or vinegar to taste.



Serve up

Divide the cheesy Mexican beef enchiladas between plates and top with the **Greek-style yoghurt**. Serve with the charred corn salsa.

Enjoy!