



Mild Chipotle Pulled Pork Enchiladas

with Grilled Cheddar Cheese & Sweetcorn

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Sweetcorn



Tomato Paste



Pulled Pork



Baby Spinach Leaves



Mild Chipotle Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Beef Mince

Prep in: 15-25 mins
Ready in: 30-40 mins

You're going to fall head over heels for our new pulled pork. With the long slow cooking already done, it's ready to roll in any recipe. Try adding the juicy, tender meat to a saucy filling, rolling it up in tortillas and baking it with a cheesy crust. It's enchilada heaven!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
sweetcorn	1 tin	1 tin
tomato paste	½ packet	1 packet
pulled pork	1 packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
mild chipotle sauce	1 packet	1 packet
water*	¼ cup	½ cup
butter*	20g	40g
mini flour tortillas	6	12
shredded	1 packet	1 packet
Cheddar cheese (40g)		(80g)
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2887kJ (690Cal)	719kJ (172Cal)
Protein (g)	31.1g	7.7g
Fat, total (g)	39.3g	9.8g
- saturated (g)	20.9g	5.2g
Carbohydrate (g)	52.1g	13g
- sugars (g)	10.3g	2.6g
Sodium (mg)	1800mg	448mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3272kJ (782Cal)	767kJ (183Cal)
Protein (g)	43.7g	10.2g
Fat, total (g)	42.1g	9.9g
- saturated (g)	21.8g	5.1g
Carbohydrate (g)	50.1g	11.7g
- sugars (g)	10.3g	2.4g
Sodium (mg)	1088mg	255mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW23



1



Get prepped

- Grate the **carrot**. Drain the **sweetcorn**.

3



Grill the enchiladas

- Preheat grill to medium-high heat. Grease a baking dish with **olive oil**.
- Lay a **mini flour tortilla** on a flat surface and spoon ¼ cup of **pork filling** down the centre. Roll **tortilla** up tightly and place, seam-side down, in the baking dish. Repeat with remaining **tortillas** and **pork filling**, ensuring they fit together snugly in the baking dish.
- Sprinkle over **shredded Cheddar cheese**, then grill **enchiladas** until cheese is melted and tortillas have warmed through, **5-10 minutes**.

Little cooks: Take charge of assembling the enchiladas!

2



Cook the pork filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **sweetcorn** until softened, **4-6 minutes**.
- Add **tomato paste** (see ingredients) and cook until fragrant, **1-2 minutes**.
- Add **pulled pork** and cook, breaking up with a spoon, until warmed through, **1-2 minutes**.
- Remove from heat, then stir through **baby spinach leaves**, **mild chipotle sauce**, the **water** and **butter**.

Custom Recipe: If you've swapped to beef mince, cook the beef with the carrot and corn until browned, 4-6 minutes. Continue with step.

4



Serve up

- Divide mild chipotle pulled pork enchiladas with grilled Cheddar between plates. Enjoy!

Rate your recipe

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