

Mild Chipotle Pulled Pork Enchiladas with Grilled Cheddar Cheese & Sweetcorn

KID FRIENDLY



Grab your Meal Kit with this symbol









Tomato Paste

Pulled Pork





Baby Spinach







Tortillas

Cheese



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!

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

3				
	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*	1/4 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!

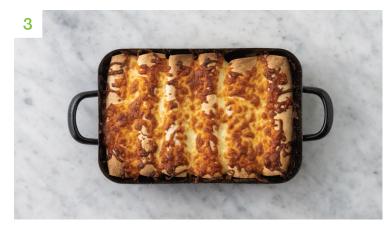
Scan here if you have any questions or concerns





Get prepped

Grate the carrot. Drain the sweetcorn.



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 ½ 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!



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.



Serve up

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

