



Cheesy Veggie & Bean Enchiladas

with Mixed Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Red Kidney Beans



Mexican Fiesta Spice Blend



Tomato Paste



Chopped Tomatoes



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Mixed Salad Leaves



Yoghurt

- Hands-on: **25-35 mins**
- Ready in: **30-40 mins**
- Spicy (Mexican Fiesta spice blend)

Enchiladas – what could be more fun? Take one part tasty beans and veg, one part soft tortillas, then combine them and top the whole thing with melty cheesy goodness. With a fresh side salad, this is a sure-fire winner.

Pantry items

Olive Oil, Butter, Vinegar, Honey

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 · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
carrot	1	2
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	½ packet	1 packet
warm water*	¼ cup	½ cup
chopped tomatoes	1 tin	2 tins
butter*	20g	40g
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
vinegar*	1 tbs	2 tbs
honey*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
yoghurt	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3040kJ (727Cal)	405kJ (97Cal)
Protein (g)	26.9g	3.6g
Fat, total (g)	29.1g	3.9g
- saturated (g)	13.6g	1.8g
Carbohydrate (g)	79.2g	10.6g
- sugars (g)	26.2g	3.5g
Sodium (g)	1980mg	263mg

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

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Drain and rinse the **red kidney beans**.



4. Bake the enchiladas

Bake the **enchiladas** until the cheese is golden and the tortillas have warmed through, **8-10 minutes**.



2. Cook the filling

SPICY! The spice blend is hot, use less if you're sensitive to heat. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and **carrot** and cook, stirring, until softened, **5 minutes**. Add the **Mexican Fiesta spice blend** and **garlic** and cook until fragrant, **1 minute**. Add the **red kidney beans**, **tomato paste** (see ingredients list), **warm water** and **1/2 the chopped tomatoes**. Season with **salt** and **pepper** and stir to combine. Simmer until the mixture has thickened slightly, **5 minutes**. Add the **butter** and stir until melted.



5. Make the salad

While the enchiladas are baking. Roughly chop the **tomato**. In a medium bowl, combine the **vinegar**, **honey** and **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**). Season with a **pinch of salt** and **pepper**. Add the **mixed salad leaves** and **tomato** and toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp!



3. Make the enchiladas

While the filling is simmering, grease a medium baking dish. Lay the **mini flour tortillas** on a flat surface. Divide the **bean mixture** between the **tortillas** (about **1/2 cup** each). Roll the **tortillas** up tightly and place, seam-side down, in the baking dish. Repeat with the **remaining tortillas** and **bean mixture**, ensuring they fit together snugly in the baking dish. Pour the **remaining chopped tomatoes** over the **tortillas** and sprinkle with the **shredded Cheddar cheese**.



6. Serve up

Divide the cheesy veggie and bean enchiladas between plates. Serve with the **yoghurt** and mixed salad.

Enjoy!