

Cheesy Black Bean & Veggie Enchiladas

with Sour Cream & Tomato Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Recipe Update
 Unfortunately, this week's red kidney beans were in short supply, so we've replaced them with black beans. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!



Onion



Garlic



Carrot



Fresh Chilli (Optional)



Black Beans



Mexican Fiesta Spice Blend



Tomato Paste



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Mixed Salad Leaves



Sour Cream



Beef Mince

Prep in: 25-35 mins
 Ready in: 35-45 mins

Enchiladas – what could be more fun? Make a tasty black bean filling, roll it up in soft flour wraps, then top the whole thing off with melted cheesy goodness. With a fresh side salad, this vego meal is a winner.

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

Pantry items
 Olive Oil, Butter, Honey, White Wine Vinegar

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
onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
carrot	1	2
fresh chilli  (optional)	½	1
black beans	1 tin	2 tins
Mexican Fiesta spice blend 	1 sachet	1 sachet
tomato paste	1 packet	2 packets
enchilada sauce	1 packet	2 packets
butter*	20g	40g
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
tomato	1	2
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
sour cream	1 medium packet	1 large packet
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3443kJ (823Cal)	577kJ (138Cal)
Protein (g)	27.8g	4.7g
Fat, total (g)	37.8g	6.3g
- saturated (g)	21.9g	3.7g
Carbohydrate (g)	86.4g	14.5g
- sugars (g)	23.2g	3.9g
Sodium (mg)	2315mg	388mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4638kJ (1109Cal)	643kJ (154Cal)
Protein (g)	56.4g	7.8g
Fat, total (g)	55.5g	7.7g
- saturated (g)	29.7g	4.1g
Carbohydrate (g)	86.4g	12g
- sugars (g)	23.2g	3.2g
Sodium (mg)	2352mg	326mg

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 | CW21



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Thinly slice **onion**. Finely chop **garlic**. Grate the **carrot**. Thinly slice **fresh chilli** (if using). Drain and rinse **black beans**.

Custom Recipe: If you've added beef mince to your meal, only use half the black beans.



Cook the bean filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **carrot**, stirring, until softened, **5 minutes**.
- **SPICY!** *The spice blend is hot, use less if you're sensitive to heat.* Add **Mexican Fiesta spice blend** and **garlic** and cook until fragrant, **1 minute**.
- Add **black beans**, **tomato paste** and half the **enchilada sauce**. Simmer until the mixture has thickened slightly, **5 minutes**.
- Add the **butter** and stir until melted. Season with **salt** and **pepper** and stir to combine.

Custom Recipe: Add the beef mince after cooking the onion and carrot. Cook beef, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.



Bake the enchiladas

- Pour the remaining **enchilada sauce** over the tortillas. Top with **fresh chilli** and sprinkle with **shredded Cheddar cheese**.
- Bake **enchiladas** until the cheese is golden and the tortillas are warmed through, **8-10 minutes**.



Make the salad

- Meanwhile, roughly chop **tomato**.
- In a medium bowl, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil**.
- Season, then add **mixed salad leaves** and **tomato**. Toss to coat.



Assemble the enchiladas

- Grease a baking dish.
- Lay **mini flour tortillas** on a flat surface and divide the **bean filling** evenly between the tortillas.
- Roll **tortillas** up tightly and place, seam-side down, in the baking dish, ensuring they fit together snugly.



Serve up

- Divide cheesy black bean and veggie enchiladas between plates.
- Serve with tomato salad and **sour cream**. Enjoy!

Rate your recipe

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