

Mexican Beef Enchiladas

with Charred Corn Salsa

Grab your Meal Kit with this symbol



Sweetcorn



Brown Onion



Garlic



Carrot



Baby Spinach Leaves



Beef Mince



Mexican Fiesta Spice Blend



Enchilada Sauce Mini Flour



Tortillas



Shredded Cheddar Cheese



Greek-Style Yoghurt

-  Hands-on: **20-30 mins**
-  Ready in: **35-45 mins**
-  Spicy (Mexican Fiesta spice blend)

With a flavourful beef filling, soft flour tortillas, melted Cheddar cheese, corn salsa and creamy Greek-style yoghurt, it's no wonder this colourful Mexican dish continues to be so popular.

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 · Medium or large baking dish

Ingredients

	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
carrot	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
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)
vinegar* (white wine or red wine)	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3573kJ (854Cal)	602kJ (144Cal)
Protein (g)	49g	8.3g
Fat, total (g)	37.3g	6.3g
- saturated (g)	18.4g	3.1g
Carbohydrate (g)	68g	11.5g
- sugars (g)	19.2g	3.2g
Sodium (mg)	2163mg	365mg

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**. Finely chop the **carrot**. Roughly chop the **baby spinach leaves**.



Bake the enchiladas

Place the **mini flour tortillas** on a flat surface and divide the **enchilada filling** between **tortillas**. 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 the **enchiladas** until the cheese is melted and golden, **15 minutes**.



Char the corn

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

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



Make the corn salsa

While the enchiladas are baking, add the **baby spinach** and a drizzle of **vinegar** and **olive oil** to the **charred corn**. Season and toss to combine.

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



Cook 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** and **carrot**, 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.



Serve up

Divide the cheesy beef enchiladas between plates. Top with the **Greek-style yoghurt** and serve with the charred corn salsa.

Enjoy!