



Mexican-Spiced Kidney Bean Enchiladas with Corn Salsa & Plant-Based Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Carrot



Red Kidney Beans



Vegetable Stock Powder



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Tomato



Sweetcorn



Plant-Based Mayo



Plant-Based Grated Cheese



Beef Mince

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 30-40 mins
Plant Based^A

Calorie Smart*
^ACustom recipe is not Calorie Smart



^ACustom Recipe is not Plant Based

With wholesome kidney beans, mini flour tortillas, plant-based cheese and salsa, this Mexican favourite is colourful, delicious and a heap of fun. Don't forget to dollop on the plant-based mayo to really get the fiesta going!

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

Pantry items

Olive Oil, White Wine Vinegar

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
garlic	2 cloves	4 cloves
carrot	1	2
red kidney beans	1 tin	2 tins
vegetable stock powder	1 medium sachet	1 large sachet
Mexican Fiesta spice blend 	1 sachet	1 sachet
enchilada sauce	½ packet (70g)	1 packet (140g)
mini flour tortillas	6	12
plant-based grated cheese	½ packet (50g)	1 packet (100g)
tomato	1	2
sweetcorn	1 tin	1 tin
white wine vinegar*	drizzle	drizzle
plant-based mayo	1 packet (50g)	1 packet (100g)
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (645Cal)	478kJ (114Cal)
Protein (g)	25g	4.4g
Fat, total (g)	18.2g	3.2g
- saturated (g)	9.6g	1.7g
Carbohydrate (g)	83.4g	14.8g
- sugars (g)	11.7g	2.1g
Sodium (mg)	2286mg	405mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3895kJ (930Cal)	565kJ (135Cal)
Protein (g)	53.6g	7.8g
Fat, total (g)	36g	5.2g
- saturated (g)	17.5g	2.5g
Carbohydrate (g)	83.4g	12.1g
- sugars (g)	11.7g	1.7g
Sodium (mg)	2324mg	337mg

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



2022 | CW43



Get prepped

- Finely chop **garlic**. Grate the **carrot**. Drain and rinse **red kidney beans**.



Start 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 medium-high heat. Cook **carrot** until softened, **3-4 minutes**.
- Add **garlic**, **kidney beans**, **vegetable stock powder** and **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**.

TIP: For best results, drain the oil from the pan before adding the spice blend.

Custom Recipe: If you've added beef mince to your meal, cook beef with carrot, breaking up with a spoon, 3-4 minutes. Continue with step as above.



Finish the filling

- Reduce heat to medium, then add 1/2 the **enchilada sauce** (1/4 packet for 2 people / 1/2 packet for 4 people), a pinch of **sugar** and a splash of **water** and simmer until slightly reduced, **1-2 minutes**.



Grill the enchiladas

- Preheat the grill to medium-high. Grease a baking dish with **olive oil**.
- Lay **mini flour tortillas** on a flat surface. Divide the **bean filling** and **plant-based grated cheese** (see ingredients) evenly between **tortillas**.
- Roll **tortillas** up tightly and place, seam-side down, in the baking dish, ensuring they fit together snugly. Brush **tortillas** with **olive oil** and pour over remaining **enchilada sauce**.
- Grill **enchiladas** until cheese is melted and tortillas have warmed through, **8-10 minutes**.



Make the salsa

- Meanwhile, roughly chop **tomato**. Drain the **sweetcorn**.
- Wipe out and return frying pan to high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- To the bowl with the **corn**, combine **tomato** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

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



Serve up

- Divide Mexican-spiced kidney bean enchiladas between plates.
- Top with corn salsa.
- Serve with **plant-based mayo**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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