

Mexican-Spiced Kidney Bean Enchiladas

with Cucumber Salsa & Plant-Based Mayo

CLIMATE SUPERSTAR

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Red Kidney Beans



Vegetable Stock Powder



Mexican Fiesta Spice Blend

Enchilada Sauce

Baby Spinach



Mini Flour Tortillas



Cucumber

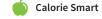




Plant-Based **Grated Cheese**



Prep in: 20-30 mins Ready in: 30-40 mins



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 drizzle over the enchilada sauce to really get the fiesta going!



Pantry items

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)
sugar*	pinch	pinch
mini flour tortillas	6	12
plant-based grated cheese	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 small bag	1 medium bag
cucumber	1 (medium)	1 (large)
white wine vinegar*	drizzle	drizzle
coriander	1 bag	1 bag
beef mince**	1 packet	1 packet (or 2 packets)

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

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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 (k.l)	3895kJ (931Cal)	565k.L (135Cal)

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3895kJ (931Cal)	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





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.

Custom Recipe: If you've added beef mince to your meal, cook beef with carrot, breaking up with a spoon, until browned, 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 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 baby spinach leaves and cucumber.
- In a medium bowl, combine baby spinach, cucumber and a drizzle of white wine vinegar and olive oil. Season to taste.



Serve up

- Divide Mexican-spiced kidney bean enchiladas between plates.
- Top with cucumber salsa.
- Tear over coriander to serve. Enjoy!

Did we make your tastebuds happy?

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