



Mexican-Spiced Kidney Bean Enchiladas

with Cucumber 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



Baby Spinach Leaves



Cucumber



Coriander



Plant-Based Grated Cheese



Beef Mince

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

Calorie Smart



Plant Based*

*Custom 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 drizzle over the enchilada sauce 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, Sugar, 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)
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

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 (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**.



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**.



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.



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.



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**.



Serve up

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

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