

Mexican Smashed Chickpea Enchiladas

with Coriander & Garlic Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Capsicum



Onion



Garlic



Chickpeas



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Coriander



Shredded Cheddar Cheese



Greek-Style Yoghurt



Beef Mince

Recipe Update

The recent weather conditions across New Zealand have 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

With chickpeas, tortillas, Cheddar cheese and mouth-watering spices, this Mexican favourite is colourful, delicious and a heap of fun to make. Don't forget to drizzle over the garlic yoghurt to really get the party started!

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

Pantry items

Olive Oil, Butter

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
carrot	1	2
capsicum	1	2
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
chickpeas	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	1 sachet
butter*	20g	40g
enchilada sauce	1 packet (140g)	2 packets (280g)
water*	¼ cup	½ cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 bag	1 bag
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3210kJ (767Cal)	603kJ (144Cal)
Protein (g)	27.8g	5.2g
Fat, total (g)	33.4g	6.3g
- saturated (g)	16.9g	3.2g
Carbohydrate (g)	86.3g	16.2g
- sugars (g)	17.8g	3.3g
Sodium (mg)	2177mg	409mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4406kJ (1053Cal)	671kJ (160Cal)
Protein (g)	56.4g	8.6g
Fat, total (g)	51.1g	7.8g
- saturated (g)	24.7g	3.8g
Carbohydrate (g)	86.3g	13.1g
- sugars (g)	17.8g	2.7g
Sodium (mg)	2214mg	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

- Grate the **carrot**. Finely chop **capsicum** into bite-sized chunks. Finely chop **onion** and **garlic**. Drain and rinse **chickpeas**.



Make the filling

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion**, **capsicum** and **carrot** until tender, **3-4 minutes**.
- **SPICY!** You may find the spice blend hot! Add less if you're sensitive to heat. Add **chickpeas**, **Mexican Fiesta spice blend** and 1/2 the **garlic** and cook until fragrant, **1-2 minutes**.
- Add the **butter**, **enchilada sauce** and the **water** and simmer until slightly reduced, **1-2 minutes**.
- Remove pan from heat, then lightly mash **chickpeas** until some of them have broken up and the sauce has thickened. Season with **salt** and **pepper**.

Custom Recipe: If you've added beef mince, cook with onion and carrot, breaking mince up with a spoon, until just browned, 4-5 minutes. Continue with step.



Grill the enchiladas

- Grill **enchiladas** until cheese is melted and golden and tortillas are warmed through, **8-10 minutes**.



Make the garlic yoghurt

- While the enchiladas are grilling, wipe out and return frying pan to medium-high heat with a drizzle of **olive oil**. Cook the remaining **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste.



Assemble the enchiladas

- Preheat the grill to medium-high.
- Drizzle a baking dish with **olive oil**. Lay **mini flour tortillas** on chopping board. Spoon **chickpea filling** down the centre. Roll **tortilla** up tightly and place, seam-side down, in the baking dish.
- Repeat with remaining **tortillas** and **chickpea filling**, ensuring they fit together snugly in the baking dish. Sprinkle with **shredded Cheddar cheese**.



Serve up

- Divide Mexican smashed chickpea enchiladas between plates.
- Drizzle over garlic yoghurt and tear over **coriander** to serve. Enjoy!

Rate your recipe

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