

Veggie & Bean Enchiladas

with Sour Cream & Tomato Salad

Grab your Meal Kit with this symbol



Onion



Garlic



Carrot



Red Kidney Beans



Mexican Fiesta Spice Blend



Tomato Paste



Enchilada Sauce



Pickled Jalapeños



Mini Flour Tortillas



Shredded Cheddar Cheese



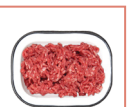
Tomato



Mixed Leaves



Sour Cream



Beef Mince

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Spicy (Mexican Fiesta spice blend, pickled jalapeños)

Enchiladas – what could be more fun? Take one part tasty beans and veg, one part soft tortillas, then combine them and top the whole thing with melty cheesy goodness. With a fresh tomato salad, this is a sure-fire winner.



CUSTOM RECIPE

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

Pantry items

Olive Oil, Butter, White Wine Vinegar, Honey

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
onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
carrot	1	2
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
enchilada sauce	1 packet (140g)	2 packets (280g)
butter*	20g	40g
pickled jalapeños	1 packet (40g)	1 packet (80g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
white wine vinegar*	drizzle	drizzle
honey*	1 tsp	2 tsp
mixed leaves	1 small bag	1 medium bag
sour cream	1 medium packet	1 large packet
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3575kJ (854Cal)	473kJ (113Cal)
Protein (g)	31g	4.1g
Fat, total (g)	39.1g	5.2g
- saturated (g)	22.3g	3g
Carbohydrate (g)	84.3g	11.2g
- sugars (g)	25.3g	3.3g
Sodium (mg)	1921mg	254mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4827kJ (1154Cal)	548kJ (131Cal)
Protein (g)	59.7g	6.8g
Fat, total (g)	57.1g	6.5g
- saturated (g)	30.8g	3.5g
Carbohydrate (g)	84.3g	9.6g
- sugars (g)	25.3g	2.9g
Sodium (mg)	1970mg	224mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Preheat oven to **200°C/180°C fan-forced**. Thinly slice **onion**. Finely chop **garlic**. Grate the **carrot**. Drain and rinse **red kidney beans**.

CUSTOM RECIPE

If you've added beef mince to your meal, only use half of the red kidney beans.



Cook 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 **onion** and **carrot**, stirring, until softened, **5 minutes**. Add **Mexican Fiesta spice blend** and **garlic** and cook until fragrant, **1 minute**. Add **kidney beans**, **tomato paste** and 1/2 the **enchilada sauce**. Simmer until the mixture has thickened slightly, **5 minutes**. Add the **butter** and stir until melted. Season with **salt** and **pepper** and stir to combine.

CUSTOM RECIPE

Add the beef mince after cooking onion and carrot. Cook beef until browned, 4-5 minutes. Continue with step.



Make the enchiladas

Drain **pickled jalapeños**. Grease a baking dish. Lay **mini flour tortillas** on a flat surface and divide the **bean filling** evenly between the **tortillas**. Roll the **tortillas** up tightly and place, seam-side down, in the baking dish, ensuring they fit together snugly. Pour remaining **enchilada sauce** over the **tortillas**. Top with **jalapeños** and sprinkle with **shredded Cheddar cheese**.



Bake the enchiladas

Bake **enchiladas** until cheese is golden and tortillas have warmed through, **8-10 minutes**.



Make the salad

While the enchiladas are baking, roughly chop **tomato**. In a medium bowl, combine the **white wine vinegar**, the **honey** and a drizzle of **olive oil**. Season, then add **mixed leaves** and **tomato**. Toss to coat.



Serve up

Divide veggie and bean enchiladas between plates. Serve with **sour cream** and tomato salad.

Enjoy!