

Cheesy Bean & Veggie Enchiladas

with Sour Cream & Tomato Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Garlic



Carrot



Black Beans



Mexican Fiesta Spice Blend



Tomato Paste



Enchilada Sauce



Mini Flour Tortillas



Tomato



Mixed Salad Leaves



Pickled Jalapeños (Optional)



Shredded Cheddar Cheese



Sour Cream



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

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
black 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 (optional) 	1 packet (40g)	1 packet (80g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
tomato	1	2
white wine vinegar*	drizzle	drizzle
honey*	1 tsp	2 tsp
mixed salad leaves	1 small bag	1 medium bag
sour cream	1 medium packet	1 large packet
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3820kJ (913Cal)	545kJ (130Cal)
Protein (g)	33.4g	4.8g
Fat, total (g)	41g	5.9g
- saturated (g)	23g	3.3g
Carbohydrate (g)	93.5g	13.3g
- sugars (g)	24.1g	3.4g
Sodium (mg)	2839mg	405mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5016kJ (1199Cal)	607kJ (145Cal)
Protein (g)	62g	7.5g
Fat, total (g)	58.8g	7.1g
- saturated (g)	30.9g	3.7g
Carbohydrate (g)	93.5g	11.3g
- sugars (g)	24.1g	2.9g
Sodium (mg)	2891mg	350mg

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](https://www.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

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

Custom Recipe: If you've added beef mince to your meal, only use half the black beans.



Bake the enchiladas

- Pour the remaining **enchilada sauce** over the **tortillas**. Top with **jalapeños** and sprinkle with **shredded Cheddar cheese**.
- Bake **enchiladas** until the cheese is golden and the **tortillas** are warmed through, **8-10 minutes**.



Cook the bean 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 **black 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 the onion and carrot. Cook beef until browned, 4-5 minutes. Continue with step.



Make the salad

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



Make the enchiladas

- Drain **pickled jalapeños** (if using). Grease a baking dish.
- Lay **mini flour tortillas** on a flat surface and divide the **bean filling** evenly between the **tortillas**.
- Roll **tortillas** up tightly and place, seam-side down, in the baking dish, ensuring they fit together snugly.



Serve up

- Divide cheesy bean and veggie enchiladas between plates.
- Serve with **sour cream** and tomato salad. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)