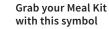
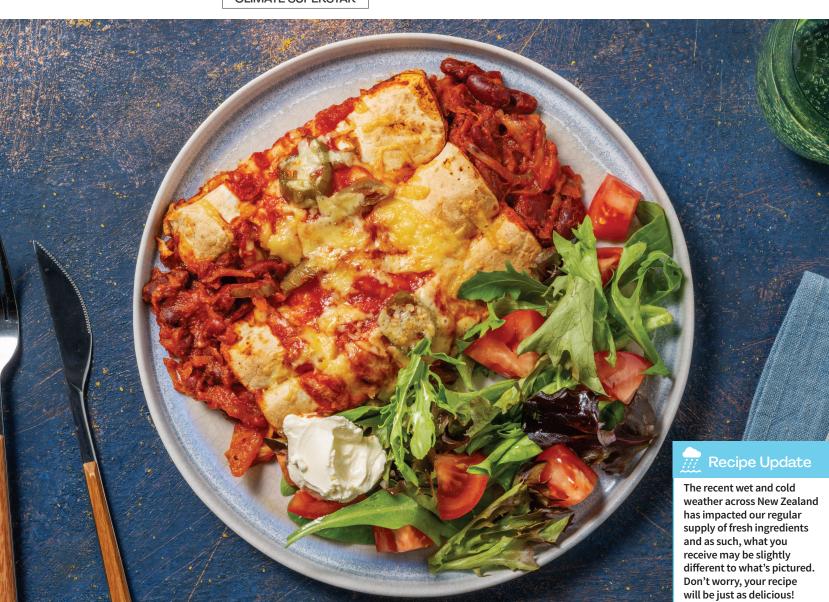


Cheesy Bean & Veggie Enchiladas with Sour Cream & Tomato Salad

CLIMATE SUPERSTAR











Carrot

Black Beans





Mexican Fiesta Spice Blend

Tomato Paste





Enchilada Sauce

Mini Flour Tortillas





Tomato



Pickled Jalapeños

Shredded Cheddar

(Optional) Cheese

Sour Cream

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.

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

You will need

Large frying pan · Medium or Larg baking dish

Ingredients

9		
	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) J	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 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

2022 | CW44



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.



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 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
- Roll tortillas up tightly and place, seam-side down, in the baking dish, ensuring they fit together snugly.



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.



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.



Serve up

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate