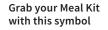
# Bean & Veggie Enchiladas with Sour Cream, Melted Cheddar & Garden Salad

**CLIMATE SUPERSTAR** 













Carrot







Mexican Fiesta Spice Blend

Tomato Paste





Enchilada Sauce

Mini Flour Tortillas







Mixed Salad



Shredded Cheddar

Pickled Jalapeños (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.

Olive Oil, Butter, Honey, 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

#### You will need

Large frying pan · Medium or large baking dish

### Ingredients

2 People	4 People
refer to method	refer to method
1 (medium)	1 (large)
1 clove	2 cloves
1	2
1 tin	2 tins
1 sachet	1 sachet
1 packet	2 packets
1 packet (140g)	2 packets (280g)
20g	40g
1 packet (40g)	1 packet (80g)
6	12
1 packet (40g)	1 packet (80g)
1	2
1 tsp	2 tsp
drizzle	drizzle
1 small bag	1 medium bag
1 medium packet	1 large packet
1 packet	1 packet (or 2 packets)
	refer to method 1 (medium) 1 clove 1 1 tin 1 sachet 1 packet 1 packet (140g) 20g 1 packet (40g) 6 1 packet (40g) 1 1 tsp drizzle 1 small bag 1 medium packet

\*Pantry Items \*\* Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3463kJ (828Cal)	567kJ (136Cal)
Protein (g)	27.7g	4.5g
Fat, total (g)	37.7g	6.2g
- saturated (g)	21.9g	3.6g
Carbohydrate (g)	87.1g	14.3g
- sugars (g)	23.8g	3.9g
Sodium (mg)	2556mg	418mg

**Custom Recipe** 

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4659kJ (1114Cal)	633kJ (151Cal)
Protein (g)	56.3g	7.7g
Fat, total (g)	55.5g	7.5g
- saturated (g)	29.7g	4g
Carbohydrate (g)	87.1g	11.8g
- sugars (g)	23.8g	3.2g
Sodium (mg)	2593mg	352mg

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 | CW50





# 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 the red kidney 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 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 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 tortillas.
- 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 garden salad

- Meanwhile, roughly chop tomato.
- In a medium bowl, combine the **honey** and a drizzle of white wine vinegar and 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 garden salad and sour cream. Enjoy!