



Bean & Veggie Enchiladas

with Sour Cream, Melted Cheddar & Garden Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Garlic



Carrot



Red Kidney 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

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, 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 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  (optional)	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
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
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)	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

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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 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.



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 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.



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!

Rate your recipe

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