



# Plant-Based Lentil Loaded Enchiladas

with Corn Salsa & Smokey 'Aioli'

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Tomato



Carrot



Lentils



Sweetcorn



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Plant-Based Smokey Aioli



Coriander



Beef Mince

Prep in: 20-30 mins  
Ready in: 30-40 mins



Plant Based\*

\*Custom Recipe is not Plant Based

Whether you're plant-based or not, you're in for a treat with these enchiladas. Load the lentil filling with carrot for sweetness, Mexican spices for some heat, and red enchilada sauce to bring it all together. Serve with a cooling salsa and our plant-based smokey aioli.

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

### Pantry items

Olive Oil, Sugar, White Wine Vinegar

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
tomato	1	2
carrot	1	2
lentils	1 packet	2 packets
sweetcorn	1 medium tin	1 large tin
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
<b>sugar*</b>	pinch	pinch
<b>water*</b>	¼ cup	½ cup
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
<b>white wine vinegar*</b>	drizzle	drizzle
plant-based smokey aioli	1 packet	2 packets
coriander	1 packet	1 packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2912kJ (696Cal)	495kJ (118Cal)
Protein (g)	19.9g	3.4g
Fat, total (g)	31.3g	5.3g
- saturated (g)	4g	0.7g
Carbohydrate (g)	75.9g	12.9g
- sugars (g)	18.8g	3.2g
Sodium (mg)	1880mg	319mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3858kJ (922Cal)	540kJ (129Cal)
Protein (g)	47.5g	6.7g
Fat, total (g)	44.2g	6.2g
- saturated (g)	9.6g	1.3g
Carbohydrate (g)	75.9g	10.6g
- sugars (g)	18.8g	2.6g
Sodium (mg)	1954mg	274mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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

- Finely chop **brown onion** and **garlic**.
- Roughly chop **tomato**.
- Grate **carrot**.
- Drain and rinse **lentils**.
- Drain **sweetcorn**.

**Custom Recipe:** If you've added beef mince, only drain and rinse half the lentils.



## Grill the enchiladas

- Preheat grill to medium-high. Drizzle a baking dish with **olive oil**.
- Lay **mini flour tortillas** on a chopping board. Spoon some **lentil filling** down the centre of a **tortilla**, then roll it up tightly and place, seam-side down, in the baking dish. Repeat with remaining **filling** and **tortillas**, ensuring they fit together snugly.
- Pour over remaining **enchilada sauce**.
- Grill **enchiladas** until golden and tortillas have warmed through, **8-10 minutes**.

**TIP:** Grills cook fast, so keep an eye on the enchiladas!



## Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, **lentils** and **carrot**, stirring, until softened, **3-4 minutes**.
- **SPICY!** You may find the spice blend hot. Add less if you're sensitive to heat. Add **garlic** and **Mexican Fiesta spice blend**. Cook until fragrant, **1-2 minutes**.

**Custom Recipe:** Before cooking the onion, heat the large frying pan over high heat. Cook beef mince (no need for oil!), breaking up with a spoon, until just browned, 3-4 minutes. Reduce heat to medium-high and continue as above.



## Make the salsa

- While enchiladas are grilling, wipe out and return frying pan to high heat.
- Cook **corn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- To bowl, add **tomato** and a drizzle of **white wine vinegar** and **olive oil**.
- Toss to combine and season to taste.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.



## Finish the filling

- Reduce heat to medium, then stir in a pinch of **sugar**, the **water** and half the **enchilada sauce**.
- Simmer until slightly reduced, **1-2 minutes**.
- Season with **salt** and **pepper** to taste.



## Serve up

- Divide plant-based lentil loaded enchiladas between plates.
- Drizzle **plant-based smokey aioli** over enchiladas.
- Top with corn salsa. Tear over **coriander**. Enjoy!

**Custom Recipe:** Divide beef and lentil enchiladas between plates.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)