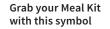


Plant-Based Lentil Loaded Enchiladas

with Corn Salsa & Smokey 'Aioli'

EXPLORER

CLIMATE SUPERSTAR











Carrot



Lentils

Sweetcorn





Mexican Fiesta Spice Blend

Enchilada Sauce



Mini Flour Tortillas



Plant-Based Smokey Aioli









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.

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

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	2 People	4 People	
olive oil*	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	
sugar*	pinch	pinch	
water*	1/4 cup	½ cup	
enchilada sauce	1 packet	2 packets	
mini flour tortillas	6	12	
white wine vinegar*	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

Per Serving	Per 100g
2912kJ (696Cal)	495kJ (118Cal)
19.9g	3.4g
31.3g	5.3g
4g	0.7g
75.9g	12.9g
18.8g	3.2g
1880mg	319mg
	2912kJ (696Cal) 19.9g 31.3g 4g 75.9g 18.8g

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 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.



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.



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.



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!



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.



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.



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