

Cheat's Beef & Corn Enchiladas

with Sour Cream & Garden Salad

Grab your Meal Kit
with this symbol



Brown Onion



Garlic



Carrot



Corn



Beef Mince



Tex-Mex
Spice Blend



Diced Tomatoes with
Garlic & Olive Oil



Mini Flour
Tortillas



Shredded Cheddar
Cheese



Tomato



Mixed Salad
Leaves



Sour Cream



Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Everyone loves enchiladas, but we've made them even more lovable by getting them on the table faster. This version uses the grill to melt the cheese, and adds corn and carrot to the beef mixture for unbeatable flavour and texture.

Pantry items

Olive Oil, Sugar, Balsamic 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 · Large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
corn	1 cob	2 cobs
beef mince	1 small packet	1 medium packet
Tex-Mex spice blend	¾ sachet	1½ sachets
diced tomatoes with garlic & olive oil	1 tin	2 tins
sugar*	½ tsp	1 tsp
salt*	½ tsp	1 tsp
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
mixed salad leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	1 tsp	2 tsp
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3857kJ (921Cal)	507kJ (121Cal)
Protein (g)	50.1g	6.6g
Fat, total (g)	46.3g	6.1g
- saturated (g)	18.7g	2.5g
Carbohydrate (g)	68.9g	9.1g
- sugars (g)	25.3g	3.3g
Sodium (mg)	1891mg	249mg

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.



1. Get prepped

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Slice the **corn** kernels off the cob.



2. Brown the mince

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **onion** and cook until softened, **3 minutes**. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **2-3 minutes**. Add the **carrot** and cook, stirring, until softened, **2 minutes**. Add the **garlic** and **Tex-Mex spice blend** (see ingredients list) and cook until fragrant, **1 minute**.



3. Cook the sauce

Add the **diced tomatoes with garlic and olive oil**, **sugar**, the **salt** and **corn** to the **beef mixture** and bring to the boil. Reduce the heat to medium and simmer until thickened, **5 minutes**. Season to taste with **salt**.

TIP: Add a splash of water if the beef mixture looks dry!



4. Grill the enchiladas

Preheat the grill to medium-high. **Drizzle** a large baking dish with **olive oil**. Lay the **mini flour tortillas** on a chopping board. Spoon some **beef mixture** down the centre of a **tortilla**, then roll up tightly and place, seam-side down, in the large baking dish. Repeat with the **remaining tortillas** and **beef mixture**, ensuring they fit snugly in the baking dish. **Sprinkle** with the **shredded Cheddar cheese**. Grill the **enchiladas** until warmed through and the **cheese** is melted and golden, **8-10 minutes**.



5. Dress the salad

While the enchiladas are grilling, roughly chop the **tomato**. In a large bowl, add the **tomato**, **mixed salad leaves**, **balsamic vinegar** and a **drizzle** of **olive oil** and toss to combine.



6. Serve up

Divide the beef and corn enchiladas and the salad between plates. Serve with **sour cream**.

Enjoy!