



Quick Cheeseburger-Style Beef Enchiladas

with Caramelised Onion & Hidden Veg

Grab your Meal Kit with this symbol



Garlic



Carrot



Brown Onion



Sweetcorn



Beef Mince



All-American Spice Blend



Dijon Mustard



Passata



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Mayonnaise

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 25-35 mins

We've taken the flavours of a classic cheeseburger and wrapped them up into these juicy beef enchiladas. Half American and half Mexican, we think this fusion is a winning combo!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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
garlic	2 cloves	4 cloves
carrot	1	2
brown onion	½	1
sweetcorn	1 tin (125g)	1 tin (300g)
beef mince	1 small packet	1 medium packet
All-American spice blend	1 medium sachet	2 medium sachets
Dijon mustard	1 packet	2 packets
passata	1 box	2 boxes
baby spinach leaves	1 small bag	1 medium bag
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1 tsp	½ tbs
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3511kJ (839Cal)	520kJ (124Cal)
Protein (g)	47.5g	7g
Fat, total (g)	39.9g	5.9g
- saturated (g)	13.2g	2g
Carbohydrate (g)	65.3g	9.7g
- sugars (g)	23.7g	3.5g
Sodium (mg)	1585mg	235mg

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Finely chop **garlic**. Grate **carrot**. Thinly slice **brown onion** (see ingredients). Drain the **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**. Add **garlic** and **All-American spice blend** and cook until fragrant, **1 minute**.
- Drain oil from pan, then reduce heat to medium-high. Add **carrot** and **corn** and cook, stirring, until softened, **3-4 minutes**.
- Add **Dijon mustard** and **passata** and cook, stirring, until slightly thickened, **2 minutes**. Season with **salt** and **pepper**. Stir through **baby spinach leaves**.



Caramelize the onion

- Meanwhile, wash and dry frying pan. Return to a medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Add the **balsamic vinegar**, the **water** and **brown sugar**. Mix well. Cook until dark and sticky, **3-5 minutes**.



Bake the enchiladas

- Drizzle a baking dish with **olive oil**.
- Place **mini flour tortillas** on a chopping board. Spoon some **beef mixture** down the centre of a **tortilla**. Roll up tightly and place, seam-side down, in baking dish. Repeat with remaining **tortillas** and **beef mixture**, ensuring they fit together snugly.
- Sprinkle with **shredded Cheddar cheese**.
- Bake **enchiladas** until cheese is melted and golden and tortillas have warmed through, **8-10 minutes**.



Serve up

- Divide cheeseburger-style beef enchiladas between plates.
- Top with **mayonnaise** and caramelised onion to serve.

Enjoy!

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