



# Cheesy Mexican Bean Enchiladas

with Charred Corn Salsa

Grab your Meal Kit  
with this symbol



Brown Onion



Corn



Lime



Capsicum



Red Kidney  
Beans



Mexican Fiesta  
Spice Blend



Enchilada Sauce



Mini Flour  
Tortillas



Shredded Cheddar  
Cheese



Coriander



Tomato



Sour Cream



Hands-on: **30-40 mins**  
Ready in: **35-45 mins**



Spicy (Mexican  
Fiesta spice blend)

With beans, tortillas, Cheddar cheese and salsa, this Mexican favourite is colourful, delicious and a heap of fun. Don't forget to dollop on the sour cream and give it all a squeeze of lemon to really get the fiesta going!

## Pantry items

Olive Oil



## 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
brown onion	1	2
corn	1 cob	2 cobs
lime	½	1
capsicum	1	2
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
enchilada sauce	1 sachet (150g)	1 sachet (300g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
coriander	1 bag	1 bag
tomato	1	2
sour cream	1 packet (100g)	1 packet (200g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3290kJ (786Cal)	467kJ (111Cal)
Protein (g)	28.8g	4.1g
Fat, total (g)	33.2g	4.7g
- saturated (g)	13.9g	2g
Carbohydrate (g)	81.3g	11.5g
- sugars (g)	24.8g	3.5g
Sodium (mg)	1766mg	250mg

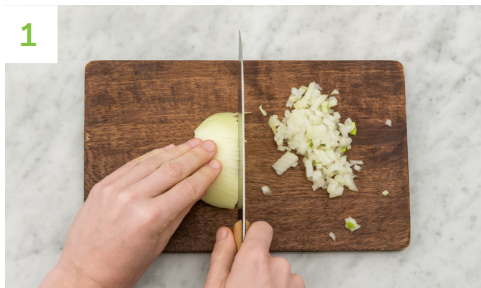
The quantities provided above are averages only.

## 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.

1



## Get prepped

Finely chop the **brown onion**. Slice the kernels off the **corn** cob. Thinly slice the **capsicum**. Slice the **lime** into wedges. Drain and rinse the **red kidney beans**.

2



## Char the corn

Heat a medium frying pan over a medium-high heat. Cook the **corn** kernels, tossing occasionally, until golden and lightly charred, **5 minutes**. Transfer to a medium bowl.

**TIP:** Cover the pan with a lid or foil if the kernels start "popping" out.

3



## Make the filling

**SPICY!** You may find the spice blend hot! Feel free to add less, depending on your taste. Return the pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion** and **capsicum** and cook until softened, **3-4 minutes**. Add the **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**. Add the **red kidney beans**, 1/2 the charred **corn** and 1/2 the **enchilada sauce**. Stir to combine, then remove the pan from the heat.

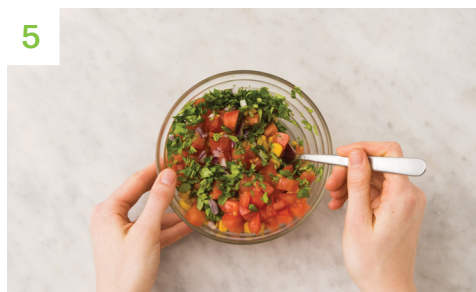
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## Grill the enchiladas

Preheat the grill to medium-high. Working with one at a time, place a **mini flour tortilla** on a flat surface and top with a generous spoonful of the **enchilada filling**. Roll the **tortilla** to enclose and place, seam-side down, in a baking dish. When all the tortillas are in the dish, top with the remaining **enchilada sauce** and sprinkle with the **shredded Cheddar cheese**. Grill until the cheese is golden, **5-8 minutes**.

5

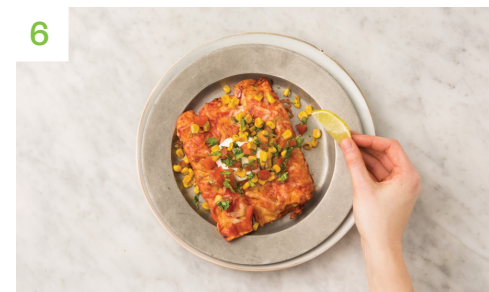


## Make the salsa

While the enchiladas are grilling, roughly chop the **coriander**. Finely chop the **tomato**. Add the **tomato** and **coriander** to the remaining charred **corn**. Drizzle with **olive oil** and add a squeeze of **lime juice**. Season to taste and toss to coat.

**TIP:** Add as much or as little lime juice to taste.

6



## Serve up

Divide the cheesy bean enchiladas between plates and top with a dollop of **sour cream** and the salsa. Serve with any remaining lime wedges.

## Enjoy!