



# Mexican Beef Enchiladas

with Tomato Salsa

Grab your Meal Kit with this symbol



Red Onion



Garlic



Carrot



Beef Mince



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese




Tomato



Greek Yoghurt

 Hands-on: **20-30 mins**  
Ready in: **35-45 mins**

 Spicy (Mexican Fiesta spice blend)

With a flavourful beef filling, soft flour tortillas, melted Cheddar cheese, tomato salsa and Greek yoghurt, it's no wonder this colourful Mexican dish continues to be so popular.

### Pantry items

Olive Oil, Butter, Vinegar (White Wine or Red Wine)

## 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 with lid · Medium or large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
garlic	1 clove	2 cloves
carrot	1	2
beef mince	1 small packet	1 medium packet
butter*	20g	40g
Mexican Fiesta spice blend	1 sachet	2 sachets
water*	¼ cup	½ cup
enchilada sauce	1 sachet (150g)	1 sachet (300g)
mini flour tortillas shredded	1 packet	1 packet
Cheddar cheese	(50g)	(100g)
tomato	2	4
vinegar* (white wine or red wine)	½ tsp	1 tsp
Greek yoghurt	1 packet (100g)	1 packet (200g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3688kJ (881Cal)	556kJ (132Cal)
Protein (g)	47.8g	7.2g
Fat, total (g)	44.1g	6.6g
- saturated (g)	19g	2.9g
Carbohydrate (g)	66.6g	10g
- sugars (g)	24.1g	3.6g
Sodium (mg)	1601mg	241mg

## 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.



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **red onion** and **garlic**. Grate the **carrot** (unpeeled).



## Cook the beef

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **onion** (reserve a spoonful for the salsa!) and cook until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and **carrot** and cook, breaking up with a spoon, until browned, **4-5 minutes**.



## Make it saucy

**SPICY!** You may find the spice blend hot! Feel free to add less, depending on your taste. Add the **butter** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Add the **water** and **1/2** the **enchilada sauce** and stir to combine.



## Bake the enchiladas

Place the **mini flour tortillas** on a flat surface and fill evenly with the **enchilada filling**. Roll up the tortillas to close and place, seam-side down, in a baking dish. Top with the **remaining enchilada sauce** and sprinkle with the **shredded Cheddar cheese**. Bake until the cheese is melted and golden, **15 minutes**.



## Make the salsa

While the enchiladas are baking, finely chop the **tomato**. In a small bowl, combine the **tomato** and **reserved onion**. Drizzle with a little **olive oil** and add the **vinegar**. Season to taste.



## Serve up

Divide the cheesy beef enchiladas between plates. Top with the tomato salsa and the **Greek yoghurt** to serve.

## Enjoy!