



# Mexican Beef Enchiladas

with Corn Salsa & Sour Cream

Grab your Meal Kit  
with this symbol



Red Onion



Garlic



Carrot



Sweetcorn



Beef Mince



Mexican Fiesta  
Spice Blend



Diced Tomatoes  
With Garlic & Onion



Mini Flour  
Tortillas



Shredded Cheddar  
Cheese



Coriander



Light Sour  
Cream



Shredded  
Cheddar  
Cheese

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, corn salsa and sour cream, it's no wonder this colourful Mexican dish continues to be a hit.



**CUSTOM RECIPE**

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Pantry items

Olive Oil, Butter, Sugar, 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 · 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
sweetcorn	1 tin (125g)	1 tin (300g)
beef mince	1 small packet	1 medium packet
butter*	30g	60g
Mexican Fiesta spice blend	1 sachet	2 sachets
diced tomatoes with garlic & onion	1 box	2 boxes
sugar*	½ tsp	1 tsp
salt*	½ tsp	1 tsp
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
coriander	1 bag	1 bag
vinegar* (white wine or red wine)	drizzle	drizzle
light sour cream	1 medium packet	1 large packet
shredded Cheddar cheese**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4079kJ (975Cal)	553kJ (132Cal)
Protein (g)	49.6g	6.7g
Fat, total (g)	50.3g	6.8g
- saturated (g)	24.9g	3.4g
Carbohydrate (g)	74g	10g
- sugars (g)	28.8g	10g
Sodium (mg)	2758mg	374mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4515kJ (1079Cal)	593kJ (141Cal)
Protein (g)	55.8g	7.3g
Fat, total (g)	59.2g	7.8g
- saturated (g)	30.9g	4.1g
Carbohydrate (g)	74g	9.7g
- sugars (g)	28.8g	3.8g
Sodium (mg)	2939mg	386mg

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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Get prepped

Finely chop the **red onion** and **garlic**. Grate the **carrot**. Drain the **sweetcorn**.

2



## Cook the corn & beef

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

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.

**TIP:** For best results, drain the oil from the pan before cooking the sauce in step 3!

3

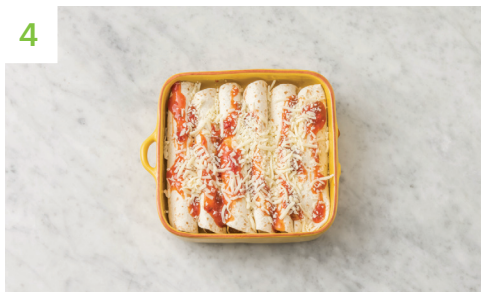


## Make it saucy

**SPICY!** You may find the spice blend hot! Add less if you're sensitive to heat. Add the **butter** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Add the **diced tomatoes with garlic & onion**, the **sugar** and the **salt** and bring to the boil. Reduce the heat to medium, then simmer until thickened, **5 minutes**.

**TIP:** Add a splash of water to loosen the filling, if needed.

4



## Grill the enchiladas

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

### CUSTOM RECIPE

If you've doubled your shredded Cheddar cheese, sprinkle it over the tortillas as above.

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## Make the salsa

While the **enchiladas** are grilling, roughly chop the **coriander**. To the bowl with the **corn**, add the **coriander**, reserved **onion** and a drizzle of **vinegar** and **olive oil**. Toss to combine. Season to taste.

6



## Serve up

Divide the Mexican beef enchiladas between plates. Top with the corn salsa and **light sour cream** to serve.

## Enjoy!

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