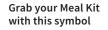
Cheesy Beef Enchiladas with Sour Cream











Sweetcorn







Tortillas

Spice Blend

Enchilada Sauce





Cheese

Light Sour



Cream

Prep in: 15 mins Ready in: 25 mins

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
olive oil*	refer to method
carrot	1
sweetcorn	1 tin (125g)
garlic	2 cloves
beef mince	1 small packet
Tex-Mex spice blend	1 medium sachet
butter*	20g
enchilada sauce	1 packet (150g)
water*	1/4 cup
mini flour tortillas	6
shredded Cheddar cheese	1 medium packet
light sour cream	1 medium packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3795kJ (907Cal)	719kJ (172Cal)
Protein (g)	48.9g	9.3g
Fat, total (g)	50.1g	9.5g
- saturated (g)	25.7g	4.9g
Carbohydrate (g)	60.2g	11.4g
- sugars (g)	17.4g	3.3g
Sodium (mg)	1704mg	323mg

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 & cook the beef

- Preheat grill to medium-high. Grate carrot. Drain sweetcorn. Finely chop garlic.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef** mince, breaking up with a spoon, until browned, 4-5 minutes.

TIP: For best results, drain the oil from the pan before cooking the veggies.



Make the filling

- Add carrot and corn and cook until softened, 3-4 minutes.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Reduce heat to medium-high and stir in **Tex-Mex spice blend** and **garlic** until fragrant, 1 minute.
- Stir in the **butter**, **enchilada sauce** and the **water** and cook until slightly thickened, 1-2 minutes. Season to taste.



Grill the enchiladas

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



Serve up

- Divide cheesy beef enchiladas between plates.
- Serve with a dollop of **light sour cream**. Enjoy!

