



Cheesy Beef Enchiladas

with Sour Cream

Grab your Meal Kit
with this symbol



Carrot



Sweetcorn



Garlic



Tex-Mex
Spice Blend



Enchilada Sauce



Mini Flour
Tortillas



Beef Mince



Shredded Cheddar
Cheese



Light Sour
Cream

Prep in: **15 mins**
Ready in: **25 mins**

This quick and easy number is guaranteed to put smiles on everyone's dials for dinner. With tasty packages of mildly spiced beef covered in gooey melted cheese and topped with sour cream; what's not to like?

Pantry items

Olive Oil, Butter

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*	¼ 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.

We're here to help!

Scan here if you have any questions or concerns

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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.



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**.



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.



Serve up

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

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