



# Cheesy Tex-Mex Beef Enchiladas

with Garden Salad & Sour Cream

KID FRIENDLY

Grab your Meal Kit with this symbol



Tomato



Garlic



Carrot



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Chicken-Style Stock Powder



Mini Flour Tortillas



Shredded Cheddar Cheeser



Mixed Salad Leaves



Light Sour Cream



Diced Bacon

Prep in: 20-30 mins  
Ready in: 30-40 mins

Taquitos, quesadillas, enchiladas ... whatever you like to call them, these tex-mex spiced tortillas are a household name. By dousing up the beef with all your favourite Mexican flavours, this meal will be devoured in an instant! Dig in!

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

### Pantry items

Olive Oil, Brown Sugar, Butter, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
garlic	2 cloves	4 cloves
carrot	1	2
beef mince	1 small packet	1 packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>water*</b>	¼ cup	½ cup
<b>brown sugar*</b>	½ tsp	1 tsp
<b>butter*</b>	20g	40g
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
light sour cream	1 medium packet	1 large packet
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3483kJ (832Cal)	741kJ (177Cal)
Protein (g)	43.4g	9.2g
Fat, total (g)	46.6g	9.9g
- saturated (g)	21.8g	4.6g
Carbohydrate (g)	56.7g	12.1g
- sugars (g)	17g	3.6g
Sodium (mg)	1593mg	339mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3894kJ (930Cal)	756kJ (180Cal)
Protein (g)	50.4g	9.8g
Fat, total (g)	52.7g	10.2g
- saturated (g)	24.2g	4.7g
Carbohydrate (g)	57.5g	11.2g
- sugars (g)	17.5g	3.4g
Sodium (mg)	2039mg	396mg

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.

## We're here to help!

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## Get prepped

- Thinly slice **tomato** into wedges.
- Finely chop **garlic**.
- Grate **carrot**.



## Grill the enchiladas

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

**Little cooks:** Take charge of assembling the enchiladas!



## Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **beef mince** and **carrot**, breaking **mince** up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium-high, add **garlic**, **Tex-Mex spice blend** and **tomato paste** and cook until fragrant, **1 minute**.

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

**Custom Recipe:** If you've added diced bacon, cook with beef mince and carrot, breaking up with a spoon, until browned, 4-5 minutes.



## Toss the salad

- Meanwhile, in a medium bowl, add **tomato**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**.
- Toss to coat and season.



## Make it saucy

- To beef filling, stir in **chicken-style stock powder**, the **water**, the **brown sugar** and the **butter**.
- Simmer until thickened, **1-2 minutes**. Season to taste.

**TIP:** Add a splash of water if the beef mixture looks dry!



## Serve up

- Divide cheesy Tex-Mex beef enchiladas and garden salad between plates.
- Top with **light sour cream**. Enjoy!

## Rate your recipe

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