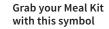


# Cheesy Tex-Mex Beef Enchiladas with Garden Salad & Sour Cream

KID FRIENDLY













**Beef Mince** 

Carrot



Tex-Mex



Tomato Paste

Tortillas

Spice Blend



Chicken-Style Stock Powder



Shredded Cheddar Cheeser



Mixed Salad Leaves





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!



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

 $\text{Large frying pan} \cdot \text{Large baking dish}$ 

## Ingredients

ingredients			
	2 People	4 People	
olive oil*	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	
water*	1/4 cup	½ cup	
brown sugar*	½ tsp	1 tsp	
butter*	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	
vinegar*			
(white wine or balsamic)	drizzle	drizzle	
light sour cream	1 medium packet	1 large packet	
diced bacon**	1 packet	1 packet	

<sup>\*</sup>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 Pacina		

#### Avg Qty Per 100g Energy (kJ) 3894kJ (930Cal) Protein (g) 50.4g 9.8g Fat, total (g) 52.7g 10.2g 24.2g - saturated (g) 4.7g Carbohydrate (g) 57.5g 11.2g 17.5g 3.4g - sugars (g) 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 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





## 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 snuggly 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!

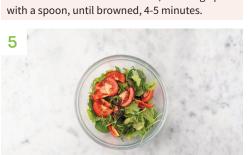


## Cook the beef

- 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!