

# Cheesy Veggie & Bean Enchiladas with Salad & Sour Cream

CLIMATE SUPERSTAR







Prep in: 25-35 mins Ready in: 35-45 mins

Enchiladas - what could be more fun? Make a tasty bean filling, roll it up in soft flour wraps and then top the whole thing off with melted cheesy goodness. With a fresh side salad, this vego meal is a winner.



Cucumber

Light Sour Cream

Pantry items

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

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

### 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 · Small saucepan · Medium baking dish

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	3 cloves	6 cloves
carrot	1	2
red kidney beans	1 tin	2 tins
sweetcorn	<b>1 tin</b> (125g)	1 tin (300g)
All-American spice blend	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
butter*	20g	40g
diced tomatoes with garlic & onion	1 box	2 boxes
brown sugar*	1 tsp	2 tsp
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
cucumber	1	2
honey*	½ tsp	1 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
light sour cream	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet
****		

#### \*Pantry Items \*\*Custom Recipe Ingredient

NU	ιτr	Iτ	0	n	
Avg	Otu	ł			

Avg Qty	Per Serving	Peritoog
Energy (kJ)	3650kJ (872Cal)	441kJ (105Cal)
Protein (g)	30.1g	3.6g
Fat, total (g)	37g	4.5g
- saturated (g)	17g	2.1g
Carbohydrate (g)	96g	11.6g
- sugars (g)	36.6g	4.4g
Sodium (mg)	2149mg	260mg
Custom Recipe		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4595kJ (1098Cal)	482kJ (115Cal)
Duetein (-)	F7 7-	C 1 -

D-- 100

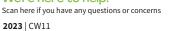
Energy (kJ)	4595kJ (1098Cal)	482kJ (115Ca
Protein (g)	57.7g	6.1g
Fat, total (g)	49.8g	5.2g
- saturated (g)	22.6g	2.4g
Carbohydrate (g)	96g	10.1g
- sugars (g)	36.6g	3.8g
Sodium (mg)	2224mg	233mg

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!





#### Get prepped

- Finely chop brown onion and garlic.
- Grate carrot.
- Drain and rinse red kidney beans. Drain sweetcorn.

**Custom Recipe:** If you've added beef mince, drain and rinse 1/2 the kidney beans.



# Cook the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot, 1/2 the onion and sweetcorn, stirring, until softened, 5 minutes.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat. Add All-American spice blend and 1/2 the garlic and cook until fragrant, 1 minute.
- Add the water, red kidney beans, the butter and 1/2 the diced tomatoes with garlic & onion. Season with salt and pepper, then stir to combine. Simmer until the mixture is slightly thickened, 5 minutes.

**Custom Recipe:** Cook the beef mince with the veggies, breaking up with a spoon, 4-5 minutes. Drain oil from pan, add spice blend and continue as above.



## Make the salad

- While the enchiladas are grilling, thinly slice **cucumber** into half-moons.
- In a medium bowl, combine the honey and a drizzle of vinegar and olive oil. Season, then add cucumber and mixed salad leaves. Toss to coat.



#### Make the sauce

- Meanwhile, in a small saucepan, heat a drizzle of olive oil over medium-high heat. Cook the remaining onion, stirring, until softened, 2-3 minutes.
- Add the remaining garlic and cook until fragrant,
  1 minute. Stir in the remaining diced tomatoes and the brown sugar. Remove from the heat, then season to taste.



#### Serve up

- Divide the cheesy bean and veggie enchiladas between plates.
- Top with a dollop of **light sour cream**. Serve with the salad. Enjoy!

Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

### Grill the enchiladas

- Preheat the grill to high. Lay mini flour tortillas on a chopping board. Spoon some bean filling down the centre of a tortilla. Roll it up tightly and place, seam-side down, in a baking dish. Repeat with remaining tortillas and bean filling, ensuring the tortillas fit together snugly.
- Pour over the sauce, then sprinkle with shredded Cheddar cheese. Grill the enchiladas until the cheese is melted and golden and the tortillas are warmed through, 8-10 minutes.