



Cheesy Veggie & Bean Enchiladas

with Salad & Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Red Kidney Beans



Sweetcorn



All-American Spice Blend



Diced Tomatoes with Garlic & Onion



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Mixed Salad Leaves



Light Sour Cream



Beef Mince

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.

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

Pantry items

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

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

Ingredients

	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	1 tin (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

Nutrition

Avg Qty	Per Serving	Per 100g
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)
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!

Scan here if you have any questions or concerns



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.



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**.



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

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