



Cheezy Plant-Based Beef Enchiladas

with Charred Corn & Spinach Salsa

Grab your Meal Kit with this symbol



Garlic



Carrot



Sweetcorn



Mexican Fiesta Spice Blend



Passata



Mini Flour Tortillas



Tomato



Baby Spinach Leaves

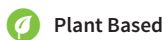


Plant-Based Pulled Beef



Plant-Based Shredded Cheddar Cheese

Prep in: **20-30** mins
Ready in: **35-35** mins



Plant Based



Calorie Smart

This Tex Mex recipe is for the plant-based peeps - or anyone trying to cut back on their meat intake - which is easy when you have our tender pulled 'beef' handy; it tastes a lot like the real deal, and mingles with the bold Mexican flavours like a treat - with the bonus of a quicker cook-time.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar, Red Wine Vinegar

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 · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
plant-based pulled beef	1 packet	2 packets
garlic	2 cloves	4 cloves
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
plant-based butter*	20g	40g
brown sugar*	1 tsp	2 tsp
passata	1 box	2 boxes
mini flour tortillas	6	12
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2640kJ (631Cal)	485kJ (116Cal)
Protein (g)	15.2g	2.8g
Fat, total (g)	28g	5.1g
- saturated (g)	14.7g	2.7g
Carbohydrate (g)	86g	15.8g
- sugars (g)	22.8g	4.2g
Sodium (mg)	2236mg	411mg

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.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Roughly chop **plant-based pulled beef**.
- Finely chop **garlic**. Grate the **carrot**.
- Drain the **sweetcorn**.



Bake the enchiladas

- Lay **mini flour tortillas** on a chopping board.
- Spoon the **filling** down the centre of each **tortilla**. Roll a **tortilla** up tightly, then place, seam-side down, in a baking dish. Repeat with remaining **tortillas**, ensuring they fit together snugly in the dish.
- Pour remaining **passata** over the rolled **tortillas**. Sprinkle with **plant-based shredded Cheddar cheese**.
- Bake the **enchiladas** until warmed through and cheese is slightly melted, **8-10 minutes**.



Char the corn

- Heat a large frying pan over high heat.
- Cook **corn kernels** until lightly browned, **4-5 minutes**.
- Transfer to a medium bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Make the salsa

- While the enchiladas are baking, roughly chop **tomato** and **baby spinach leaves**.
- To the bowl with the charred **corn**, add **tomato**, **baby spinach** and a drizzle of **red wine vinegar** and **olive oil**.
- Toss to coat. Season to taste.



Cook the filling

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **plant-based pulled beef** until browned and softened, **3-5 minutes**.
- **SPICY!** You may find the spice blend hot. Add less if you're sensitive to heat. Add **Mexican Fiesta spice blend** and **garlic**. Cook until fragrant, **1 minute**.
- Add the **plant-based butter**, the **brown sugar**, a splash of **water**, and 1/2 the **passata**. Cook, stirring, until slightly thickened, **2-3 minutes**. Season with **salt** and **pepper** to taste.



Serve up

- Divide cheesy plant-based beef enchiladas between plates.
- Top with charred corn and spinach salsa to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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