



Mexican Beef Enchiladas

with Corn-Tomato Salsa & Sour Cream

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Beef Mince



Mexican Fiesta Spice Blend



Enchilada Sauce



Beef Stock



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Sweetcorn



Sour Cream

- Hands-on: **20-30 mins**
- Ready in: **35-45 mins**
- Spicy (Mexican Fiesta spice blend)

With a flavourful beef filling, soft flour tortillas, melted Cheddar cheese, corn-tomato salsa and sour cream, it's no wonder this colourful Mexican dish continues to be so popular.

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine)

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 baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
beef mince	1 packet	1 packet
Mexican Fiesta spice blend	1 sachet	2 sachets
enchilada sauce	1 sachet (150g)	1 sachet (300g)
beef stock	1 cube	2 cubes
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
vinegar* (white wine or red wine)	½ tsp	1 tsp
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3771kJ (901Cal)	566kJ (135Cal)
Protein (g)	48.7g	7.3g
Fat, total (g)	44g	6.6g
- saturated (g)	18.2g	2.7g
Carbohydrate (g)	70.1g	10.5g
- sugars (g)	24.7g	3.7g
Sodium (mg)	2134mg	321mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled).



2. Make the filling

SPICY! *The spice blend is spicy, use less if you're sensitive to heat.* In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and **carrot**. Cook, breaking up with a spoon, until browned, **4-5 minutes**. Add the **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Add **1/2 the enchilada sauce**, crumble in the **beef stock (1 cube for 2 people / 2 cubes for 4 people)** and stir to combine.



3. Fill the tortillas

Drizzle a medium baking dish with **olive oil**. Place the **mini flour tortillas** on a flat surface and fill evenly with the **enchilada filling**. Roll up the **tortillas** to close and place, seam-side down, in the baking dish.



4. Grill the enchiladas

Preheat the grill to medium-high. Top the **enchiladas** with the **remaining enchilada sauce** and sprinkle with the **shredded Cheddar cheese**. Grill the **enchiladas** until the **cheese** is melted and golden and the **tortillas** are warmed through, **8-10 minutes**.

TIP: *Grills cook fast, so keep an eye on the enchiladas!*



5. Make the tomato salsa

While the enchiladas are grilling, finely chop the **tomato**. Drain the **sweetcorn**. In a medium bowl, combine the **corn, tomato, olive oil (2 tsp for 2 people / 1 tbs for 4 people)**, the **vinegar** and a **pinch of salt and pepper**.



6. Serve up

Divide the Mexican beef enchiladas between plates. Top with the **sour cream** and tomato salsa.

Enjoy!