



Plant-Based Cheezy Lentil Enchiladas

with Coconut Yoghurt & Tomato Salsa

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Lentils



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Plant-Based Shredded Cheddar Cheese



Cucumber



Tomato



Plant-Based Coconut Yoghurt

- Hands-on: 20-30 mins
Ready in: 30-40 mins
- Spicy (Mexican Fiesta spice blend)

- Calorie Smart
- Plant based

Whether you're plant-based or not, you're in for a treat with these enchiladas. Load the lentil filling up with grated carrot for sweetness, Mexican spices for some heat, and red enchilada sauce to bring it all together. The plant-based 'Cheddar' on top gets so lovely and gooey under the grill, you'd swear it was the real thing!

Pantry items

Olive Oil, Sugar, White 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 · Large 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
lentils	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
sugar*	pinch	pinch
enchilada sauce	½ packet (75g)	1 packet (150g)
mini flour tortillas	6	12
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
cucumber	1	2
tomato	1	2
white wine vinegar*	drizzle	drizzle
plant-based coconut yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2589kJ (618Cal)	413kJ (98Cal)
Protein (g)	19.4g	3.1g
Fat, total (g)	23g	3.7g
- saturated (g)	9.7g	1.5g
Carbohydrate (g)	86.1g	13.7g
- sugars (g)	22.9g	3.6g
Sodium (mg)	2020mg	322mg

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

Finely chop the **brown onion** and **garlic**. Grate the **carrot**. Drain and rinse the **lentils**.



Grill the enchiladas

Preheat the grill to medium-high. Drizzle a large baking dish with **olive oil**. Lay the **mini flour tortillas** on a chopping board. Spoon some **lentil mixture** down the centre of a tortilla, then roll it up tightly and place, seam-side down, in the baking dish. Repeat with the remaining lentil mixture and tortillas, ensuring they fit together snugly. Pour over the remaining **enchilada sauce** (1/4 packet for 2 people / 1/2 packet for 4 people), then sprinkle with the **plant-based shredded Cheddar cheese**. Grill the **enchiladas** until the cheese is melted and golden and the tortillas have warmed through, **8-10 minutes**.



Start the filling

SPICY! You may find the spice blend hot! Add less if you're sensitive to heat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** and **carrot**, stirring, until softened, **3-4 minutes**. Add the **garlic**, **lentils** and **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**.



Make the salsa

While the enchiladas are grilling, roughly chop the **cucumber** and **tomato**. In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add the **cucumber** and **tomato**. Toss to combine.



Finish the filling

Reduce the heat to medium, then stir in a pinch of **sugar**, a splash of **water** and 1/2 the **enchilada sauce** (1/4 packet for 2 people / 1/2 packet for 4 people). Simmer until slightly reduced, **1-2 minutes**. Season to taste.



Serve up

Divide the cheesy lentil enchiladas between plates. Top with the tomato salsa. Serve with the **plant-based coconut yoghurt**.

Enjoy!

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