



# Plant-Based Cheezy Lentil Enchiladas

with Coconut Yoghurt & Tomato Salsa

Grab your Meal Kit with this symbol



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



Plant Based



Spicy (Mexican Fiesta spice blend)

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 · Medium or large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
lentils	1 tin	2 tins
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
sugar*	pinch	pinch
water*	¼ cup	½ cup
enchilada sauce	1 packet (150g)	2 packet (300g)
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)	2994kJ (715Cal)	455kJ (108Cal)
Protein (g)	18.8g	2.9g
Fat, total (g)	34.9g	5.3g
- saturated (g)	7.6g	1.2g
Carbohydrate (g)	85.9g	13.1g
- sugars (g)	24.7g	3.8g
Sodium (mg)	2282mg	347mg

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](https://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 **onion** and **garlic**. Grate the **carrot**. Drain and rinse **lentils**.



## Grill the enchiladas

Preheat grill to medium-high. Drizzle a baking dish with **olive oil**. Lay **mini flour tortillas** on a chopping board. Spoon some **lentil filling** down the centre of a **tortilla**, then roll it up tightly and place, seam-side down, in baking dish. Repeat with remaining **lentil filling** and **tortillas**, ensuring they fit together snugly. Pour over remaining **enchilada sauce**, then sprinkle with **plant-based shredded Cheddar cheese**. Grill **enchiladas** until cheese is melted and golden and 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 medium-high heat. Cook **onion** and **carrot**, stirring, until softened, **3-4 minutes**. Add **garlic**, **lentils** and **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**.



## Make the salsa

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



## Finish the filling

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



## Serve up

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

## Enjoy!

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