



hello@hellofresh.com.au | (02) 8188 8722 | HelloFresh.com.au



WK22
2016

Cheesy Bean Enchiladas with Mixed Salad Leaves

This quick and easy number is guaranteed to put smiles on everyone's dials for dinner. With tasty packages of Mexican spiced beans covered in rich tomatoes and gooey melted cheese; what's not to like? Served with fresh greens and lime juice, it's no wonder this traditional Mexican dish continues to be so popular.

- Prep:** 10 mins
- Cook:** 30 mins
- Total:** 40 mins
- level 1**
- high fibre**
- spicy**

Pantry Items



Olive Oil



Hot Water



Red Onion



Carrot



Mexican Spice Mix



Garlic



Red Kidney Beans



Diced Tomatoes



Tomato Paste



Flour Tortillas



Cheddar Cheese



Mixed Salad Leaves



Lime

JOIN OUR PHOTO CONTEST

#HelloFreshAU

2P	4P	Ingredients
2 tsp	1 tbs	olive oil *
1	2	red onion, finely sliced
1	2	carrot, grated
2 tsp	1 tbs	Mexican spice mix
1 clove	2 cloves	garlic, peeled & crushed
1 tin	2 tins	red kidney beans, drained & rinsed
1 tbs	2 tbs	tomato paste
¼ cup	½ cup	hot water *
1 tin	2 tins	diced tomatoes
4	8	flour tortillas
1 block	2 blocks	Cheddar cheese, grated
1 bag	2 bags	mixed salad leaves, washed
½	1	lime, cut into wedges

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2730	Kj
Protein	25.4	g
Fat, total	22	g
-saturated	6.9	g
Carbohydrate	78.2	g
-sugars	17.2	g
Sodium	946	mg



You will need: *chef's knife, chopping board, box grater, garlic crusher, tongs, measuring cup, sieve, large frying pan, and a greased baking dish.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Heat the **olive oil** in a large frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **5 minutes** or until the onion is soft. Add the **carrot**, **Mexican spice mix** and **garlic** and cook, stirring, for **30 seconds**. Add the **red kidney beans**, **tomato paste**, **hot water** and half of the **diced tomatoes**, stir to combine. Season to taste with **salt** and **pepper**. Simmer the mixture for **8-10 minutes** or until the sauce has thickened.



3 Gently separate the **flour tortillas** and place on a flat surface. Place ¼ cup of the bean mixture down the centre of one of the tortillas and roll up to close. Place, seam side down, in the prepared baking dish. Repeat with the remaining tortillas and bean mixture. Top the tortillas with the remaining diced tomatoes and sprinkle with the **Cheddar cheese**. Cook in the oven for **10-15 minutes** or until the cheese is melted and golden.



4 To serve, divide the enchiladas between plates. Serve with the **mixed salad leaves**, drizzled with some olive oil and a sprinkle of salt and pepper. Serve with the **lime wedges**.



Did you know? The practice of rolling tortillas around other food dates back to the Mayan times.