



Everything But The Chef

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Keen Bean Enchiladas

Enchiladas - what could be more fun? Take one part smoky, tender beans, one part melted cheesy goodness and top with fresh, green coriander. Of course, we don't want things to get too hot around here, so serve with a generous dollop of sour cream. Let the whole family chip in for this authentic favourite.

Prep: 15 mins
Cook: 35 mins
Total: 50 mins
level 2
spicy
winter warmers
high protein

Pantry Items: Olive Oil, Water



Cherry Tomatoes



Lime



Coriander



Red Onion



Zucchini



Mexican Spice Mix



Red Kidney Beans



Enchilada Sauce



Flour Tortillas



Cheddar Cheese



Sour Cream

2P	4P	Ingredients
½ punnet	1 punnet	cherry tomatoes, diced
1	2	lime, juiced
1 bunch	2 bunches	coriander, leaves picked
2 tsp	1 tbs	olive oil *
½	1	red onion, finely sliced
1	2	zucchini, diced into 1 cm pieces
2 tsp	1 tbs	Mexican spice mix
1 tin	2 tins	red kidney beans, drained & rinsed
½ cup	1 cup	enchilada sauce
1 cup	2 cups	water *
4	8	flour tortillas
½ block	1 block	Cheddar cheese, grated
½ cup	1 cup	sour cream

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2710	Kj
Protein	23.3	g
Fat, total	29.8	g
-saturated	15.7	g
Carbohydrate	65.8	g
-sugars	15.9	g
Sodium	1200	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, baking dish, grater, small bowl, stirring spoon and a medium frying pan.

1 Preheat the oven to **200°C/180°C** fan-forced. Lightly grease a baking dish.

2 Combine the **cherry tomatoes**, **lime juice** and the **coriander** in a small bowl. Season well with **salt**. Set aside.

3 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and **zucchini** and cook, stirring, for **5 minutes** or until the onion is soft. Add the **Mexican spice mix** and cook, stirring, for **30 seconds**. Add the **red kidney beans**, half of the **enchilada sauce** and the **water** and stir to combine. Bring to a boil and then reduce the heat to a medium-low heat and simmer for **10 minutes** or until the sauce has thickened.

4 Place one **tortilla** on a flat surface. Top with ¼ cup of the bean mixture. 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 enchilada sauce and sprinkle with the **cheddar cheese**. Place in the oven for **20 minutes** or until the cheese has melted and is golden.

5 To serve, divide the enchiladas between plates and top with the fresh salsa and **sour cream**.

Did you know? The technique of rolling tortillas around other food has been enjoyed since Mayan times.

