



Cheesy Smashed Chickpea Enchiladas

with Caramelised Onion, Salad & Burger Sauce

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Chickpeas



All-American Spice Blend



Tomato Paste



Vegetable Stock Powder



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Mixed Salad Leaves



Burger Sauce



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

With wholesome chickpeas, mini flour tortillas, gooey Cheddar cheese and sweet caramelised onion, this fan favourite dish is colourful, delicious and a heap of fun. Don't forget to dollop on the burger sauce to really get the party started!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (Balsamic or White Wine), Brown Sugar, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
vinegar* (balsamic or white wine)	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
carrot	1	2
chickpeas	1 packet	2 packets
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
enchilada sauce	1 packet (150g)	2 packets (300g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
mixed salad leaves	1 small bag	1 medium bag
burger sauce	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3666kJ (876Cal)	579kJ (138Cal)
Protein (g)	26.5g	4.2g
Fat, total (g)	44g	6.9g
- saturated (g)	14.1g	2.2g
Carbohydrate (g)	84.2g	13.3g
- sugars (g)	26.6g	4.2g
Sodium (mg)	2320mg	366mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4419kJ (1056Cal)	554kJ (132Cal)
Protein (g)	60.4g	7.6g
Fat, total (g)	48.7g	6.1g
- saturated (g)	15.5g	1.9g
Carbohydrate (g)	84.2g	10.5g
- sugars (g)	26.6g	3.3g
Sodium (mg)	2404mg	301mg

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.

We're here to help!

Scan here if you have any questions or concerns



Caramelize the onion

- Thinly slice **brown onion** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **onion** and cook, stirring regularly, until softened, **5-6 minutes**. Reduce heat to medium.
- Add the **vinegar**, a splash of **water** and the **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



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 **chickpea mixture** down the centre of a **tortilla**, then roll up tightly and place seam-side down in the baking dish.
- Repeat with remaining **tortillas** and **chickpea mixture**, ensuring the tortillas fit together snugly in the baking dish.
- Top with **caramelised onions** and sprinkle with **shredded Cheddar cheese**. Grill **enchiladas** until the cheese is melted and golden and the tortillas have warmed through, **8-10 minutes**.



Get prepped

- Meanwhile, grate **carrot**.
- Drain and rinse **chickpeas**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



Toss the salad

- While enchiladas are grilling, roughly chop **tomato**.
- In a medium bowl, combine **tomato**, **mixed salad leaves**, a drizzle of the **vinegar** and **olive oil**. Season to taste.



Make the filling

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot**, stirring, until tender, **1-2 minutes**.
- Add **All-American spice blend** and **tomato paste** and cook until fragrant, **1-2 minutes**.
- Stir in **chickpeas**, **vegetable stock powder**, the **butter** and **enchilada sauce**. Simmer until slightly reduced, **1-2 minutes**.
- Remove pan from heat. Lightly mash **chickpea mixture** until some of the chickpeas have broken up and the sauce has thickened.

Custom Recipe: Heat frying pan as above. Before cooking carrot, add chicken, tossing, until browned and cooked through, 4-5 minutes. Add carrot and continue as above.



Serve up

- Divide the cheesy smashed chickpea enchiladas between plates.
- Serve with the salad and **burger sauce**. Enjoy!

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