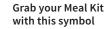


# Cheesy Smashed Chickpea Enchiladas with Caramelised Onion, Salad & Burger Sauce

CLIMATE SUPERSTAR













Chickpeas

All-American Spice Blend





Tomato Paste

Vegetable Stock Powder





Mini Flour Tortillas

Enchilada Sauce



Shredded Cheddar Cheese







Mixed Salad Leaves





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

\*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!



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

#### Ingradients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
brown onion	1/2	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
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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





#### Caramelise 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.



# Get prepped

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

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



# 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.



### 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 snuggly 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.



#### 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.



### Serve up

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

#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate