

Cheezy White Bean & Capsicum Enchiladas

with Plant-Based 'Aioli' & Charred Corn Salsa

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Capsicum



Coriander



Carrot



Sweetcorn



Cannellini Beans



All-American Spice Blend



Vegetable Stock Powder



Passata



Mini Flour Tortillas



Plant-Based Grated Cheese



Plant-Based Aioli



Beef Mince

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



Plant Based*

*Custom Recipe is not Plant Based

If you're looking for a fun meat-free meal, these enchiladas are it. From the tomatoey, mildly spiced butter beans, to the sweet and zingy charred corn salsa, every bite is a delight - and you'd never know that the cheese and aioli are plant-based.

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

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

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 or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
capsicum	1	2
coriander	1 bag	1 bag
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
cannellini beans	1 packet	2 packets
All-American spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
plant-based butter*	20g	40g
water*	⅓ cup	⅔ cup
passata	1 box	2 boxes
mini flour tortillas	6	12
plant-based grated cheese	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
plant-based aioli	1 packet (50g)	2 packets (100g)
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3061kJ (732Cal)	475kJ (114Cal)
Protein (g)	16.9g	2.6g
Fat, total (g)	35.6g	5.5g
- saturated (g)	7.4g	1.1g
Carbohydrate (g)	80.3g	12.4g
- sugars (g)	28.7g	4.4g
Sodium (mg)	2235mg	347mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4008kJ (958Cal)	521kJ (125Cal)
Protein (g)	44.5g	5.8g
Fat, total (g)	48.4g	6.3g
- saturated (g)	13g	1.7g
Carbohydrate (g)	80.3g	10.4g
- sugars (g)	28.7g	3.7g
Sodium (mg)	2309mg	300mg

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



Get prepped

- Finely chop **brown onion** and **garlic**.
- Roughly chop **capsicum** and **coriander** (including the stems).
- Grate **carrot**.
- Drain **sweetcorn**.
- Drain and rinse **cannellini beans**.

Custom Recipe: If you've added beef mince, only drain and rinse half the cannellini beans.



Grill the enchiladas

- Drizzle a baking dish with **olive oil**.
- Lay **mini flour tortillas** on a chopping board. Spoon **filling** down the centre. Roll tortilla up tightly and place, seam-side down, in the dish.
- Repeat with remaining **tortillas** and **mixture**, ensuring they fit together snugly in the baking dish. Top with the remaining **passata**. Sprinkle with **plant-based grated cheese**.
- Grill until **tortillas** are just golden and warmed through, **6-8 minutes**.

TIP: Grills cook fast, so keep an eye on the enchiladas!



Char the corn

- Preheat grill to high.
- Heat a large frying pan over high heat. Cook **corn kernels**, until lightly browned, **4-5 minutes**.
- Transfer to a medium bowl and set aside.

TIP: Cover the pan with a lid if the kernels are 'popping' out.



Make the salsa

- While the enchiladas are grilling, to the bowl with the charred corn, add **coriander**. Drizzle with the **white wine vinegar** and **olive oil**. Toss to combine. Season to taste.



Cook the filling

- Return pan to high heat with a drizzle of **olive oil**. Cook **onion**, **capsicum** and **carrot**, until softened, **5-6 minutes**.
- Add **All-American spice blend** and **garlic** and cook, until fragrant, **1 minute**. Add **beans**, **vegetable stock powder**, the **plant-based butter**, the **water** and half the **passata**. Cook until slightly thickened, **1 minute**. Remove pan from heat.
- Lightly crush **beans** with a potato masher or fork. Season with **salt** and **pepper** to taste.

Custom Recipe: After cooking the garlic for 1 minute, add the beef mince and cook, breaking up with spoon, until browned, 4-5 minutes. Continue with the step.



Serve up

- Divide cheezy white bean and capsicum enchiladas between plates.
- Top with charred corn salsa.
- Serve with **plant-based aioli**. Enjoy!

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