

Cheezy White Bean & Capsicum Enchiladas with Plant-Based 'Aioli' & Charred Corn Salsa

Grab your Meal Kit with this symbol















Capsicum

Coriander





Carrot

Sweetcorn







Cannellini Beans

All-American Spice Blend







Vegetable Stock Powder

Passata





Tortillas

Plant-Based

Mini Flour

Grated Cheese



Plant-Based

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. **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

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	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		
and the second second				

*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.



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.



Cook the filling

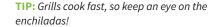
- Return pan to high heat with a drizzle of olive oil. Cook onion, capsicum and carrot, until softened, 5-6 minutes.
- Add All-American spice blend and garlic and cook, until fragrant, 1 minute. Add beans, vegetable stock powder, the plant-based butter, the water and half the passata. Cook until slightly 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.



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 snuggly 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.





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.



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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