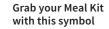


Plant-Based Chick'n Enchiladas

with Tomato & Coriander Salsa

ALTERNATIVE PROTEIN









Chicken Strips





Soffritto Mix







Tomato Paste

Mexican Fiesta Spice Blend



Mini Flour



Tortillas



Coriander



Tomato

Plant-Based



Prep in: 15-25 mins Ready in: 25-35 mins



Plant Based^ ^Custom Recipe is not Plant Based

Enchiladas - what could be more fun? Take one part tender chick'n and one part tomato and coriander salsa. Of course, we don't want things to get too hot around here, so serve with a generous dollop of plant-based aioli.

Olive Oil, Vinegar (White Wine or Balsamic)

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

| ing. calcine | | | | |
|---|-----------------|---------------------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| red kidney beans | ½ packet | 1 packet | | |
| plant-based chicken strips | 1 packet | 2 packets | | |
| soffritto mix | 1 medium bag | 1 large bag | | |
| garlic paste | 1 packet | 2 packets | | |
| tomato paste | 1 packet | 2 packets | | |
| Mexican Fiesta spice blend 🥖 | 1 medium sachet | 1 large sachet | | |
| water* | ½ cup | 1 cup | | |
| mini flour tortillas | 6 | 12 | | |
| tomato | 1 | 2 | | |
| coriander | 1 bag | 1 bag | | |
| vinegar* (white wine or balsamic) | drizzle | drizzle | | |
| plant-based aioli | 1 medium packet | 2 medium packets | | |
| chicken breast** | 1 small packet | 2 small packets OR 1 large packets | | |
| | | | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g | | |
|------------------|-----------------|----------------|--|--|
| Energy (kJ) | 3205kJ (766Cal) | 689kJ (165Cal) | | |
| Protein (g) | 44.4g | 9.5g | | |
| Fat, total (g) | 34.9g | 7.5g | | |
| - saturated (g) | 4.3g | 0.9g | | |
| Carbohydrate (g) | 62.8g | 13.5g | | |
| - sugars (g) | 15.8g | 3.4g | | |
| Sodium (mg) | 2347mg | 505mg | | |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|-----------------------|
| Energy (kJ) | 3027kJ (723Cal) | 599kJ (143Cal) |
| Protein (g) | 48.7g | 9.6g |
| Fat, total (g) | 30.6g | 6.1g |
| - saturated (g) | 4.5g | 0.9g |
| Carbohydrate (g) | 59g | 11.7g |
| - sugars (g) | 12.1g | 2.4g |
| Sodium (mg) | 1306mg | 259mg |

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 & cook the chick'n

- Preheat grill to high.
- Drain and rinse red kidney beans (see ingredients).
- In a large frying pan, heat a generous drizzle of **olive oil** over high heat.
- Cook plant-based chicken strips, tossing, until browned, 2-3 minutes.
 Transfer to a plate.

Custom Recipe: If you've swapped to chicken breast, slice chicken into thin strips. Heat pan as above. Cook chicken strips, tossing occasionally, until browned and cooked through (when no longer pink inside), 3-4 minutes. Transfer to a plate.



Bake 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 baking dish.
- Repeat with remaining tortillas and mixture, ensuring they fit together snugly in the baking dish. Drizzle over olive oil.
- Grill until tortillas are just golden and warmed through, 6-8 minutes.



Cook the filling

- Return frying pan to high heat with a drizzle of olive oil. Cook soffritto mix, stirring occasionally, until softened, 3-4 minutes.
- SPICY! This spice blend is hot! Add less if you're sensitive to heat. Stir in garlic
 paste, tomato paste and Mexican fiesta spice blend, until fragrant,
 1 minute.
- Add beans, the water and cooked chicken strips, stirring, until slightly thickened. 1-2 minutes. Season to taste.



Make the salsa & serve up

- Meanwhile, finely chop tomato. Roughly chop coriander.
- In a small bowl, combine tomato, coriander, a drizzle of the vinegar and olive oil. Season to taste.
- Divide plant-based chick'n enchiladas between plates.
- Top with tomato and coriander salsa. Serve with **plant-based aioli**. Enjoy!