



Fiery Plant-Based Chick'n Enchiladas

with Tomato & Coriander Salsa

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Red Kidney Beans



Garlic



Plant-Based Chicken Strips



Tomato Paste



Mexican Fiesta Spice Blend



Mini Flour Tortillas



Snacking Tomatoes



Coriander



Plant-Based Smokey Aioli



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins



Plant Based^A
^ACustom Recipe is not Plant Based



Eat Me Early*
*Custom Recipe only

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 smokey aioli.

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

Pantry items

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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
red kidney beans	½ packet	1 packet
garlic	2 cloves	4 cloves
plant-based chicken strips	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
snacking tomatoes	1 punnet	2 punnets
coriander	1 bag	1 bag
vinegar* (white wine or balsamic)	drizzle	drizzle
plant-based smokey aioli	1 packet	2 packets
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)	3156kJ (754Cal)	661kJ (158Cal)
Protein (g)	44.2g	9.3g
Fat, total (g)	34g	7.1g
- saturated (g)	4.3g	0.9g
Carbohydrate (g)	63.3g	13.3g
- sugars (g)	14.3g	3g
Sodium (mg)	2287mg	479mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2979kJ (712Cal)	576kJ (138Cal)
Protein (g)	48.6g	9.4g
Fat, total (g)	29.7g	5.7g
- saturated (g)	4.5g	0.9g
Carbohydrate (g)	59.5g	11.5g
- sugars (g)	10.6g	2g
Sodium (mg)	1246mg	241mg

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



1



Start the filling

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

Custom Recipe: If you've swapped to chicken breast, slice each chicken breast into thin strips. In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken strips, tossing occasionally, until browned and cooked through (when no longer pink inside), 3-4 minutes.

3



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**.

2



Finish the filling

- To frying pan, add **carrot** and cook, stirring, until starting to soften, **2-3 minutes**.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Stir in **garlic**, **tomato paste** and **Mexican Fiesta spice blend**, and cook until fragrant, **1 minute**.
- Add **beans** and the **water**, stirring, until slightly thickened, **1-2 minutes**. Season to taste.

4



Make the salsa & serve up

- Meanwhile, roughly chop the **snacking tomatoes**. Roughly chop **coriander**.
- In a small bowl, combine tomato, coriander and 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 smokey aioli**. Enjoy!

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