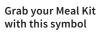


Fiery Plant-Based Chick'n Enchiladas with Tomato & Coriander Salsa

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

















Plant-Based Chicken Strips





Mexican Fiesta

Tomato Paste





Mini Flour Tortillas



Snacking Tomatoes



Coriander



Smokey Aioli





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

Eat Me Early* *Custom Recipe only

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 smokey aioli.

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

ingi caici ico			
	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





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.



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.



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.



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!

Rate your recipe

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