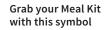
# Cheesy Beef Enchiladas with Sour Cream









Sweetcorn

**Beef Mince** 

Spice Blend





Garlic Paste

Enchilada Sauce







Mini Flour Tortillas

Cheddar Cheese





Prep in: 15 mins Ready in: 25 mins

This quick and easy number is guaranteed to put smiles on everyone's dials for dinner. With tasty packages of mildly spiced beef covered in gooey melted cheese and topped with sour cream; what's not to like?

**Pantry items** Olive Oil, Butter

# Before you start

Wash your hands and any fresh food.

#### You will need

Large frying pan  $\cdot$  Large baking dish

# Ingredients

	2 People
olive oil*	refer to method
carrot	1
sweetcorn	1 medium tin
beef mince	1 small packet
Tex-Mex spice blend	1 medium sachet
garlic paste	1 medium packet
butter*	20g
enchilada sauce	1 packet
water*	1/4 cup
mini flour tortillas	6
Cheddar cheese	1 medium packet
light sour cream	1 medium packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3787kJ (905Cal)	765kJ (183Cal)
Protein (g)	48.7g	9.8g
Fat, total (g)	52.7g	10.6g
- saturated (g)	26g	5.3g
Carbohydrate (g)	54.9g	11.1g
- sugars (g)	13.6g	2.7g
Sodium (mg)	1797mg	363mg

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.



# Get prepped & cook the beef

- Preheat grill to medium-high. Grate carrot. Drain sweetcorn.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook beef mince, breaking up with a spoon, until browned, 4-5 minutes.

**TIP:** For best results, drain the oil from the pan before cooking the veggies.



# Make the filling

- Add carrot and corn and cook, stirring, until softened, 3-4 minutes.
- Reduce heat to medium-high and stir in **Tex-Mex spice blend** and **garlic** paste until fragrant, 1 minute.
- Add **butter**, **enchilada sauce** and the **water** and cook, stirring, until slightly thickened, 1-2 minutes. Season to taste.



### Grill the enchiladas

- Drizzle a large baking dish with olive oil.
- Lay a mini flour tortilla on a chopping board. Spoon beef mixture down the centre. Roll tortilla up tightly and place, seam-side down, in the baking dish.
- Repeat with remaining tortillas and beef mixture, ensuring they fit together snugly in the baking dish.
- · Sprinkle with Cheddar cheese. Grill until cheese is melted and golden and tortillas are warmed through, 8-10 minutes.



# Serve up

- Divide cheesy beef enchiladas between plates.
- Serve with a dollop of **light sour cream**. Enjoy!



We're here to help!