



# Cheesy Beef Enchiladas

with Sour Cream

Grab your Meal Kit with this symbol



Carrot



Sweetcorn



Beef Mince



Tex-Mex  
Spice Blend



Garlic Paste



Enchilada Sauce



Mini Flour  
Tortillas



Cheddar Cheese



Light Sour  
Cream

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 · Large baking dish

## Ingredients

	<b>2 People</b>
<b>olive oil*</b>	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
<b>butter*</b>	20g
enchilada sauce	1 packet
<b>water*</b>	¼ cup
mini flour tortillas	6
Cheddar cheese	1 medium packet
light sour cream	1 medium packet

\*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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

2



## 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.

3



## 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**.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



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