

Plant-Based Lentil Loaded Enchiladas

with Corn Salsa & Smashed Avo

Grab your meal kit with this number

7



Brown Onion



Garlic



Tomato



Carrot



Lentils



Sweetcorn



Avocado



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Coriander



Beef Mince



Pork Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

 Plant Based

Whether you're plant-based or not, you're in for a treat with these enchiladas. Load the lentil filling with carrot for sweetness, Mexican spices for some heat and enchilada sauce to bring it all together. Serve with a cooling salsa and some mashed avo to take the enchiladas to new heights.

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
brown onion	1	2
garlic	2 cloves	4 cloves
tomato	1	2
carrot	1	2
lentils	1 packet	2 packets
sweetcorn	1 medium tin	1 large tin
avocado	1	2
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
brown sugar*	pinch	pinch
water*	¼ cup	½ cup
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
white wine vinegar*	drizzle	drizzle
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3152kJ (753cal)	224kJ (53cal)
Protein (g)	27.6g	2g
Fat, total (g)	27g	1.9g
- saturated (g)	5g	0.4g
Carbohydrate (g)	88.3g	6.3g
- sugars (g)	20.5g	1.5g
Sodium (mg)	1600mg	113.5mg
Dietary Fibre (g)	28.8g	2g

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

2024 | CW46



Get prepped

- Finely chop **brown onion** and **garlic**.
- Roughly chop **tomato**.
- Grate **carrot**.
- Drain and rinse **lentils**.
- Drain **sweetcorn**.
- Slice **avocado** in half and scoop out flesh.



Grill the enchiladas

- Preheat grill to medium-high. Drizzle a baking dish with **olive oil**.
- Lay **mini flour tortillas** on a chopping board. Spoon some **lentil filling** down the centre of a **tortilla**, then roll it up tightly and place seam-side down in the baking dish. Repeat with remaining **filling** and **tortillas**, ensuring they fit together snugly.
- Pour over remaining **enchilada sauce**.
- Grill **enchiladas** until golden and tortillas have warmed through, **8-10 minutes**.

TIP: Grills cook fast, so keep an eye on the enchiladas!



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, **lentils** and **carrot**, stirring, until softened, **3-4 minutes**.
- **SPICY!** You may find the spice blend hot. Add less if you're sensitive to heat. Add **garlic** and **Mexican Fiesta spice blend**. Cook until fragrant, **1-2 minutes**.



Make the salsa

- While enchiladas are grilling, wipe out and return frying pan to high heat. Cook **corn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- In a small bowl, mash **avocado** with a drizzle of **olive oil** until smooth. Season to taste.
- To bowl with corn, add **tomato** and a drizzle of **white wine vinegar** and **olive oil**.
- Toss to combine and season to taste.

TIP: Cover the pan with a lid if the kernels are 'popping' out.



Finish the filling

- Reduce heat to medium, then stir the **brown sugar**, **water** and half the **enchilada sauce**.
- Simmer until slightly reduced, **1-2 minutes**.
- Season with **salt** and **pepper** to taste.



Serve up

- Divide plant-based lentil loaded enchiladas between plates.
- Top with corn salsa and smashed avo.
- Tear over **coriander** to serve. Enjoy!

CUSTOM OPTIONS

+ ADD BEEF MINCE

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

+ ADD PORK MINCE

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

