



# Plant-Based Lentil Loaded Enchiladas

with Corn Salsa & Smashed Avo

CLIMATE SUPERSTAR

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
<b>olive oil*</b>	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
<b>brown sugar*</b>	pinch	pinch
<b>water*</b>	¼ cup	½ cup
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
<b>white wine vinegar*</b>	drizzle	drizzle
coriander	½ packet	1 packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2998kJ (716cal)	436kJ (63cal)
Protein (g)	26.7g	3.9g
Fat, total (g)	26g	3.8g
- saturated (g)	4.7g	0.7g
Carbohydrate (g)	82.6g	12g
- sugars (g)	19.8g	2.9g
Sodium (mg)	1372mg	199.7mg
Dietary Fibre (g)	28.2g	4.1g

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://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

- 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** (see ingredients) to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



### 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.

