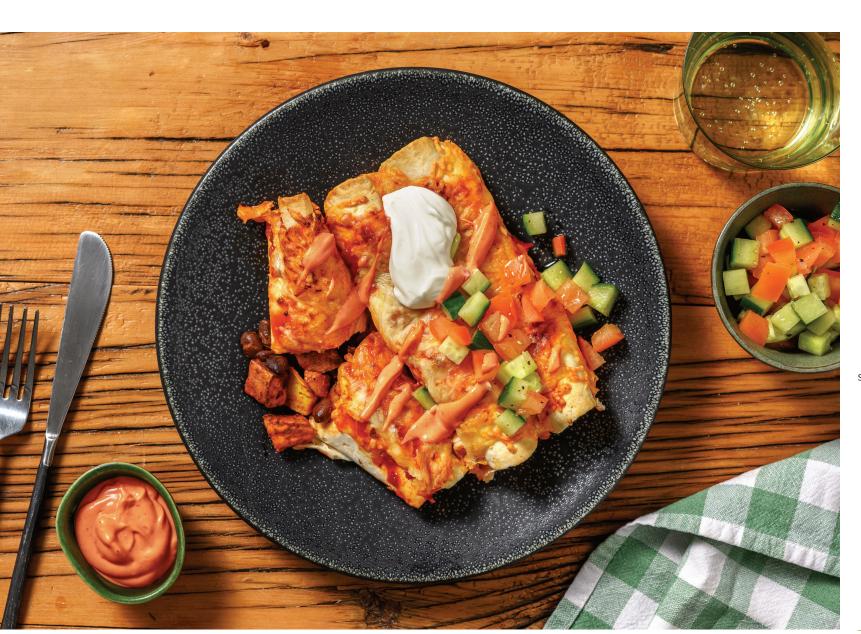


# American Sweet Potato & Black Bean Enchiladas

with Salsa, Yoghurt & Chipotle Sauce

Grab your Meal Kit with this symbol





















Enchilada Sauce





Shredded Cheddar Cheese



Tortillas

Cucumber







Sauce

**Pantry items** 

Olive Oil, White Wine Vinegar

Hands-on: 20-30 mins Ready in: 30-40 mins

Thanks to tender roasted chunks of sweet potato and carrot, plus hearty black beans, these tasty enchiladas bring their A-game in every single way.

### Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Oven tray lined with baking paper  $\cdot$  Large frying pan  $\cdot$  Medium or large baking dish

# Ingredients

_		
	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
black beans	1 tin	2 tins
All-American spice blend	1 sachet	2 sachets
enchilada sauce	1 packet (150ml)	1 packet (300ml)
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
cucumber	1	2
tomato	1	2
white wine vinegar*	1 tsp	2 tsp
Greek-style yoghurt	1 medium packet	1 large packet
mild chipotle sauce	1 packet	2 packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3561kJ (851Cal)	411kJ (98Cal)
Protein (g)	34.7g	4g
Fat, total (g)	22.8g	2.6g
- saturated (g)	9.1g	1.1g
Carbohydrate (g)	110.8g	12.8g
- sugars (g)	33.7g	3.9g
Sodium (mg)	2104mg	243mg

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.



# Roast the veggies

Preheat the oven to 240°C/220°C fan-forced. Cut the sweet potato and carrot into small chunks. Place the sweet potato and carrot on a lined oven tray. Drizzle with olive oil and season with salt and pepper. Toss to coat, then bake until tender, 20-25 minutes.



# Get prepped

While the veggies are roasting, thinly slice the **brown onion**. Finely chop the **garlic**. Drain and rinse the **black beans**.



# Cook the filling

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** until softened, **4-5 minutes**. Add the **black beans**, **garlic** and **All-American spice blend** and cook until fragrant, **1-2 minutes**. Add 1/2 the **enchilada sauce** to the frying pan. Add a splash of **water** if the filling looks dry. Stir to combine and season to taste. Remove from the heat and stir through the **roasted veggies**.



## Assemble the enchiladas

Reduce the oven temperature to 220°C/200°C fan-forced. Drizzle a baking dish with olive oil.

Lay the mini flour tortillas (see ingredients) on a chopping board. Spoon the enchilada filling down the centre of each tortilla. Roll tightly and place, seam-side down, in the baking dish. Pour over the remaining enchilada sauce and sprinkle with the shredded Cheddar cheese. Bake until golden, 10-12 minutes.



#### Make the salsa

While the enchiladas are baking, finely chop the **cucumber** and **tomato**. In a medium bowl, combine the **cucumber**, **tomato**, **white wine vinegar** and a drizzle of **olive oil**. Season and toss to coat.



### Serve up

**TIP:** This is a mild sauce, but use less if you're sensitive to heat! Divide the American sweet potato and black bean enchiladas between plates and top with **Greek-style yoghurt** and the salsa. Drizzle over the **mild chipotle sauce** to serve.

# Enjoy!

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