



American Sweet Potato & Black Bean Enchiladas

with Salsa, Yoghurt & Chipotle Sauce

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Brown Onion



Garlic



Black Beans



All-American Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Tomato



Greek-Style Yoghurt



Mild Chipotle Sauce

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.

The recent harsh weather conditions have impacted the cucumbers grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Pantry items
Olive Oil, White Wine Vinegar

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 · Large frying pan · 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

*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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