

Cheeseburger-Style Beef Enchiladas

with Caramelised Onion & Hidden Veg

Grab your Meal Kit with this symbol



Garlic



Carrot



Red Onion



Capsicum



Sweetcorn



Beef Mince



All-American Spice Blend



Dijon Mustard



Passata



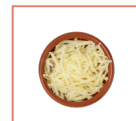
Mini Flour Tortillas



Shredded Cheddar Cheese



Mayonnaise



Shredded Cheddar Cheese

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

We've taken the flavours of a classic cheeseburger and wrapped them up in juicy beef enchiladas. A winning fusion of cuisines, don't knock this combo till you've tried it.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic 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

Large frying pan · Large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
red onion	½	1
capsicum	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
beef mince	1 small packet	1 medium packet
All-American spice blend	1 sachet	2 sachets
Dijon mustard	1 packet (15g)	2 packets (30g)
passata	1 box	2 boxes
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
mayonnaise	1 packet (40g)	1 packet (100g)
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3702kJ (885Cal)	527kJ (126Cal)
Protein (g)	49.1g	7g
Fat, total (g)	42.2g	6g
- saturated (g)	13.1g	1.9g
Carbohydrate (g)	68.6g	9.8g
- sugars (g)	24.1g	9.8g
Sodium (mg)	1556mg	221mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4137kJ (989Cal)	568kJ (136Cal)
Protein (g)	55.2g	7.6g
Fat, total (g)	51.1g	7g
- saturated (g)	19.1g	2.6g
Carbohydrate (g)	68.6g	9.4g
- sugars (g)	24.2g	9.4g
Sodium (mg)	1737mg	239mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW35



Get prepped

- Finely chop **garlic**. Grate **carrot**. Thinly slice **red onion**. Roughly chop **capsicum**. Drain **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **garlic** and **All-American spice blend** and cook, stirring, until fragrant, **1 minute**. Reduce heat to medium-high. Add **carrot**, **capsicum** and **corn** and cook, stirring, until softened, **3-4 minutes**.
- Add **Dijon mustard** and **passata** and cook, stirring, until slightly thickened, **2 minutes**. Season with **salt** and **pepper**.



Caramelise the onions

- Meanwhile, wash frying pan. Return to a medium-high heat with a drizzle of **olive oil**. Add **onion** and cook, stirring regularly until softened, **5-6 minutes**.
- Add **balsamic vinegar** and the **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Grill the enchiladas

- Preheat the grill to medium-high. Drizzle a large baking dish with **olive oil**.
- Lay **mini flour tortillas** on chopping board. Spoon **beef mixture** down the centre. Roll the **tortilla** up tightly and place, seam-side down, in the baking dish. Repeat with remaining **tortillas** and **beef mixture**, ensuring they fit together snugly.
- Sprinkle with **shredded Cheddar cheese**.
- Grill **enchiladas** until cheese is melted and golden and tortillas have warmed through, **8-10 minutes**.

CUSTOM RECIPE

If you've added extra shredded Cheddar cheese, sprinkle it on the enchiladas before grilling, as above.



Serve up

- Divide cheeseburger-style beef enchiladas between plates.
- Serve topped with **mayonnaise** and caramelised onion.

Enjoy!