



Cheesy BBQ Smashed Chickpea Enchiladas

with Caramelised Onion, Salad & BBQ Mayo

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Chickpeas



All-American Spice Blend



Tomato Paste



Vegetable Stock Powder



Enchilada Sauce



Mini Flour Tortillas



Tomato



Mixed Salad Leaves



Shredded Cheddar Cheese



BBQ Mayo

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

With wholesome chickpeas, mini flour tortillas, gooey Cheddar cheese and sweet caramelised onion, this fan favourite dish style is colourful, delicious and a heap of fun. Don't forget to dollop on the smokey BBQ mayo to really get the party started!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Butter

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 · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
carrot	1	2
chickpeas	1 tin	2 tins
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
enchilada sauce	1 packet (150g)	2 packets (300g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
mixed salad leaves	1 small bag	1 medium bag
BBQ mayo	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3287kJ (786Cal)	511kJ (122Cal)
Protein (g)	31.3g	4.9g
Fat, total (g)	44.1g	6.9g
- saturated (g)	15.3g	2.4g
Carbohydrate (g)	107.2g	16.7g
- sugars (g)	28.5g	4.4g
Sodium (mg)	2482mg	386mg

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.

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2022 | CW45



Caramelize the onion

- Thinly slice **brown onion** (see ingredients). In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Add **onion** and cook, stirring regularly, until softened, **5-6 minutes**. Reduce the heat to medium.
- Add the **balsamic vinegar**, a splash of **water** and the **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Grill the enchiladas

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



Get prepped

- Meanwhile, grate **carrot**.
- Drain and rinse **chickpeas**.



Toss the salad

- While the enchiladas are grilling, roughly chop **tomato**.
- In a medium bowl, combine **tomato**, **mixed salad leaves**, a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



Make the filling

- Wipe out frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook **carrot** until tender, **1-2 minutes**.
- Add **All-American spice blend** and **tomato paste** and cook until fragrant, **1-2 minutes**.
- Stir in **chickpeas**, **vegetable stock powder**, the **butter** and **enchilada sauce**. Simmer until slightly reduced, **1-2 minutes**.
- Remove pan from the heat. Lightly mash **chickpea mixture** until some of the **chickpeas** have broken up and the sauce has thickened.



Serve up

- Divide the cheesy BBQ smashed chickpea enchiladas between plates.
- Serve with the salad and **BBQ mayo**. Enjoy!

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