

Cheesy BBQ Smashed Chickpea Enchiladas with Caramelised Onion, Salad & BBQ Mayo

Grab your Meal Kit with this symbol









Brown Onion









Chickpeas







Tomato Paste







Enchilada Sauce







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	1/2	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
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^{*}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.



Caramelise 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.



Get prepped

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



Make the filling

- Wipe out frying pan, then return to a mediumhigh 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.



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.



Toss the salad

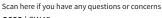
- While the enchiladas are grilling, roughly chop tomato.
- In a medium bowl, combine tomato, mixed salad leaves, a drizzle of balsamic vinegar and olive oil. Season to taste.



Serve up

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









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