

# 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



Shredded Cheddar Cheese



Tomato



Mixed Salad Leaves



BBQ Mayo



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

Eat Me Early\*  
*\*Custom Recipe only*

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

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

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Medium baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown onion	½	1
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
carrot	1	2
chickpeas	1 packet	2 packets
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
<b>butter*</b>	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
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3653kJ (873Cal)	577kJ (138Cal)
Protein (g)	26.5g	4.2g
Fat, total (g)	42.3g	6.7g
- saturated (g)	13.9g	2.2g
Carbohydrate (g)	87.7g	13.9g
- sugars (g)	28.8g	4.5g
Sodium (mg)	2264mg	358mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4413kJ (1055Cal)	553kJ (132Cal)
Protein (g)	59.7g	7.5g
Fat, total (g)	47.5g	6g
- saturated (g)	15.6g	2g
Carbohydrate (g)	87.7g	11g
- sugars (g)	28.8g	3.6g
Sodium (mg)	2353mg	295mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Caramelize the onion

- Thinly slice **brown onion** (see ingredients). In a large frying pan, heat a drizzle of **olive oil** over 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.

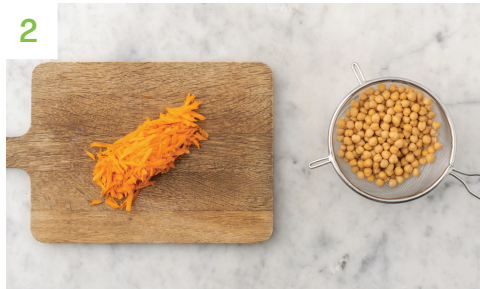
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## Grill the enchiladas

- Preheat grill to medium-high. Drizzle a baking dish with **olive oil**.
- Lay **mini flour tortillas** on a 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**.

2



## Get prepped

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

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.

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## Toss the salad

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

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## Make the filling

- Wipe out frying pan, then return to 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 heat. Lightly mash **chickpea mixture** until some of the chickpeas have broken up and the sauce has thickened.

**Custom Recipe:** Heat frying pan as above. Before cooking carrot, add chicken, tossing until browned and cooked through, 4-5 minutes. Add carrot and continue as above.

6



## Serve up

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

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