



Cheesy Mexican Bean Enchiladas

with Charred Corn Salsa

Grab your Meal Kit with this symbol



Brown Onion



Corn



Carrot



Red Kidney Beans



Mexican Fiesta Spice Blend



Mini Flour Tortillas



Shredded Cheddar Cheese



Coriander



Tomato



Lemon



Enchilada Sauce



Sour Cream

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Spicy (Mexican Fiesta spice blend)

With beans, tortillas, Cheddar cheese and salsa, this Mexican favourite is colourful, delicious and a heap of fun. Don't forget to dollop on the sour cream and give it all a squeeze of lemon to really get the fiesta going!

Pantry items

Olive Oil

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

Medium frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
corn	1 cob	2 cobs
carrot	1	2
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
coriander	1 bag	1 bag
tomato	1	2
lemon	½	1
enchilada sauce	1 sachet (150g)	1 sachet (300g)
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3295kJ (787Cal)	495kJ (118Cal)
Protein (g)	27.6g	4.2g
Fat, total (g)	32.6g	4.9g
- saturated (g)	13.4g	2g
Carbohydrate (g)	84.3g	12.7g
- sugars (g)	27.4g	4.1g
Sodium (mg)	1787mg	269mg

Allergens

Always read product labels for the most up-to-date allergen information.

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



1. Get prepped

Finely chop the **brown onion**. Slice the **corn** kernels off the cob. Grate the **carrot** (unpeeled). Drain and rinse the **red kidney beans**.



2. Char the corn

Heat a medium frying pan over a medium-high heat. Add the **corn** kernels and cook, tossing occasionally, until golden and lightly charred, **5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid or foil if the kernels start "popping" out!



3. Make the enchilada filling

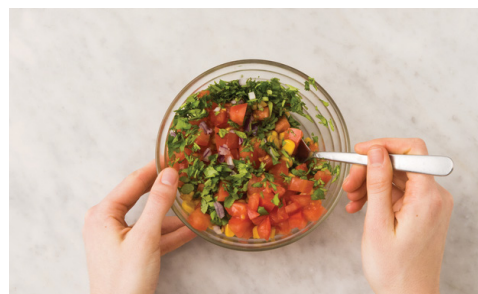
SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and **carrot** and cook until softened, **3-4 minutes**. Add the **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**. Add the **red kidney beans**, **1/2** the charred **corn** and **1/2** the **enchilada sauce**. Stir to combine, then remove the pan from the heat.



4. Grill the enchiladas

Preheat the grill to medium-high. Working one at a time, place a **mini flour tortilla** on a flat surface and top with a **generous spoonful** of the **enchilada filling**. Roll the **tortilla** to enclose and place, seam-side down, in a medium baking dish. Once all the tortillas are in the dish, top with the **remaining enchilada sauce** and sprinkle with the **shredded Cheddar cheese**. Grill until the cheese is golden, **5-8 minutes**.

TIP: Grills cook fast, so keep an eye on the enchiladas.



5. Make the salsa

While the enchiladas are grilling, roughly chop the **coriander**. Finely chop the **tomato**. Slice the **lemon** into wedges. Add the **tomato** and **coriander** to the bowl with the remaining charred **corn**. **Drizzle** with **olive oil** and add a **squeeze** of **lemon juice**. Season to taste and toss to coat.

TIP: Add as much or as little lemon juice as you like depending on your taste.



6. Serve up

Divide the cheesy Mexican bean enchiladas between plates and top with a dollop of **sour cream** and the salsa. Serve with any remaining lemon wedges.

Enjoy!