

Cheesy Mexican Bean Enchiladas

with Charred Corn Salsa

Grab your Meal Kit with this symbol



Brown Onion



Corn



Capsicum



Lemon



Black Beans



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Coriander




Tomato



Light Sour Cream

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

 Spicy (Mexican Fiesta spice blend)

Bursting with spicy beans and melty Cheddar cheese, these enchiladas are failproof and a heap of fun. Topped with a juicy corn salsa, and of course, sour cream, meet your new go-to Mexican meal.

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 · Large baking dish

Ingredients

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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3140kJ (749Cal)	473kJ (113Cal)
Protein (g)	28.7g	4.3g
Fat, total (g)	29.9g	4.5g
- saturated (g)	12.6g	1.9g
Carbohydrate (g)	88.4g	13.3g
- sugars (g)	21.4g	3.2g
Sodium (mg)	2290mg	346mg

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.



Get prepped

Finely chop the **brown onion**. Slice the kernels off the **corn** cob. Thinly slice the **capsicum**. Slice the **lemon** into wedges. Drain and rinse the **black beans**.



Grill the enchiladas

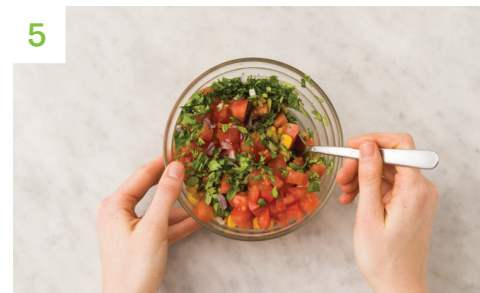
Preheat the grill to medium-high. Drizzle a large baking dish with **olive oil**. Lay the **mini flour tortillas** on the chopping board. Spoon the **bean filling** down the centre. Roll the **tortilla** up tightly and place, seam-side down, in the baking dish. Repeat with the remaining **tortillas**,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



Char the corn

Place 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!



Make the salsa

While the **enchiladas** are grilling, roughly chop the **coriander**. Finely chop the **tomato**. Add the **tomato** and **coriander** to the remaining charred **corn**. Drizzle with **olive oil** and add a squeeze of **lemon juice**. Season with **salt** and **pepper**. Toss to coat.

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



Make the filling

SPICY! You may find the spice blend hot! Add less if you're sensitive to heat. Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **capsicum**, stirring until softened, **3-4 minutes**. Add the **Mexican Fiesta spice blend** and cook, stirring until fragrant, **1-2 minutes**. Add the **black beans**, 1/2 the charred **corn** and 1/2 the **enchilada sauce**. Stir to combine, then remove the pan from the heat.



Serve up

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

Enjoy!

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