

Mexican Beef Enchiladas

with Corn Salsa

Grab your Meal Kit with this symbol



Red Onion



Garlic



Carrot



Sweetcorn



Beef Mince



Mexican Fiesta Spice Blend



Diced Tomatoes With Garlic & Olive Oil



Mini Flour Tortillas



Shredded Cheddar Cheese




Coriander



Sour Cream

 Hands-on: 20-30 mins
Ready in: 35-45 mins

 Spicy (Mexican Fiesta spice blend)

With a flavourful beef filling, soft flour tortillas, melted Cheddar cheese, corn salsa and sour cream, it's no wonder this colourful Mexican dish continues to be so popular.

Pantry items

Olive Oil, Butter, Sugar, Vinegar (White Wine or Red Wine)

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 or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
garlic	1 clove	2 cloves
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
beef mince	1 small packet	1 medium packet
butter*	20g	40g
Mexican Fiesta spice blend	1 sachet	2 sachets
diced tomatoes with garlic & olive oil	1 tin	2 tins
sugar*	½ tsp	1 tsp
salt*	½ tsp	1 tsp
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
coriander	1 bag	1 bag
vinegar* (white wine or red wine)	½ tsp	1 tsp
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4039kJ (965Cal)	542kJ (129Cal)
Protein (g)	49.9g	6.7g
Fat, total (g)	51.5g	6.9g
- saturated (g)	22.2g	3g
Carbohydrate (g)	68.4g	9.2g
- sugars (g)	25.7g	3.5g
Sodium (mg)	2256mg	303mg

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

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **red onion**. Finely chop the **garlic**. Grate the **carrot**. Drain the **sweetcorn**.



Bake the enchiladas

Place the **mini flour tortillas** on a flat surface and fill evenly with the **enchilada filling**. Roll up the **tortillas** to close and place, seam-side down, in a baking dish. Sprinkle with the **shredded Cheddar cheese**. Bake until the cheese is melted and golden, **15 minutes**.



Cook the sweetcorn & beef

Heat a medium frying pan over a high heat. When the pan is hot, cook the **sweetcorn**, tossing, until lightly charred, **5 minutes**. Transfer to a bowl. Return the pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion** (reserve a spoonful for the salsa!) and cook until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **carrot** and **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.

TIP: Cover the pan with a lid to stop the corn kernels "popping" out.



Make the salsa

While the enchiladas are baking, roughly chop the **coriander**. Add the **coriander** and reserved **onion** to the **corn**. Drizzle with a little **olive oil** and add the **vinegar**. Season to taste.



Make it saucy

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste. Add the **butter** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Add the **diced tomatoes with garlic & olive oil, sugar** and the **salt** and bring to the boil. Reduce the heat to medium and simmer until thickened, **5 minutes**. Season to taste.

TIP: Add a splash of water if the beef mixture looks dry!



Serve up

Divide the cheesy beef enchiladas between plates and top with the **sour cream**. Serve with the corn salsa.

Enjoy!