



Cheesy Tex-Mex Beef Enchiladas

with Garden Salad & Sour Cream

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Tomato



Garlic



Carrot



Tex-Mex Spice Blend



Tomato Paste



Chicken-Style Stock Powder



Mini Flour Tortillas



Mixed Salad Leaves



Beef Mince



Shredded Cheddar Cheese



Light Sour Cream



Plant-Based Mince

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

Taquitos, quesadillas, enchiladas ... whatever you like to call them, these tex-mex spiced tortillas are a household name. By dousing up the beef with all your favourite Mexican flavours, this meal will be devoured in an instant! Dig in!

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

Pantry items

Olive Oil, Brown Sugar, Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

You will need

Large frying pan · Large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
garlic	2 cloves	4 cloves
carrot	1	2
beef mince	1 small packet	1 medium packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
brown sugar*	½ tsp	1 tsp
butter*	20g	40g
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
light sour cream	1 medium packet	1 large packet
plant-based mince**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3483kJ (832Cal)	741kJ (177Cal)
Protein (g)	43.4g	9.2g
Fat, total (g)	46.6g	9.9g
- saturated (g)	21.8g	4.6g
Carbohydrate (g)	56.7g	12.1g
- sugars (g)	17g	3.6g
Sodium (mg)	1593mg	339mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3391kJ (810Cal)	762kJ (182Cal)
Protein (g)	31.8g	7.1g
Fat, total (g)	46g	10.3g
- saturated (g)	19.1g	4.3g
Carbohydrate (g)	62.2g	14g
- sugars (g)	18.1g	4.1g
Sodium (mg)	2116mg	476mg

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Thinly slice **tomato** into wedges.
- Finely chop **garlic**.
- Grate **carrot**.



Grill the enchiladas

- Meanwhile, preheat grill to medium-high. Drizzle a large baking dish with **olive oil**.
- Lay **mini flour tortillas** on a chopping board. Spoon some **beef mixture** down the centre of a **tortilla**, then roll up tightly and place, seam-side down, in the large baking dish.
- Repeat with remaining **tortillas** and **beef mixture**, ensuring they fit snugly in the baking dish. Sprinkle with **shredded Cheddar cheese**.
- Grill **enchiladas** until warmed through and **cheese** is melted and golden, **8-10 minutes**.

Little cooks: Take charge of assembling the enchiladas!



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **beef mince** and **carrot**, breaking mince up with a spoon, until just browned, **3-4 minutes** (drain oil from pan for best results!).
- Reduce heat to medium-high, add **garlic**, **Tex-Mex spice blend** and **tomato paste**, and cook until fragrant, **1 minute**.

Custom Recipe: If you've swapped to plant-based mince, cook plant-based mince in the same way as the beef mince.



Toss the salad

- Meanwhile, in a medium bowl, add **tomato**, **mixed salad leaves**, a drizzle of **white wine vinegar** and **olive oil**.
- Toss to coat and season.



Make it saucy

- To beef filling, stir in **chicken-style stock powder**, the **water**, the **brown sugar** and the **butter**.
- Simmer until thickened, **1-2 minutes**. Season to taste.

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



Serve up

- Divide cheesy Tex-Mex beef enchiladas and garden salad between plates.
- Top with **light sour cream**. Enjoy!

Rate your recipe

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