

# Cheesy Veggie & Bean Enchiladas

with Salad & Sour Cream

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Sweetcorn



Carrot



Red Kidney Beans



All-American Spice Blend



Diced Tomatoes With Garlic & Onion



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Cos Lettuce



Light Sour Cream



Smoked Cheddar Cheese

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins  
Ready in: 35-45 mins

Is there any meal more fun than enchiladas? Make a hearty kidney bean filling, spoon it into soft flour tortillas and then top with shredded Cheddar for melted cheesy deliciousness. Serve with a cucumber-studded salad for clean flavours and crunch and you can't go wrong!



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

### Pantry items

Olive Oil, Butter, Brown Sugar, Honey, 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 fruit and veggies a wash.

## You will need

Large frying pan · Small saucepan · Medium or large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	3 cloves	6 cloves
sweetcorn	1 tin (125g)	1 tin (300g)
carrot	1	2
red kidney beans	1 tin	2 tins
All-American spice blend	1 sachet	2 sachets
water*	¼ cup	½ cup
butter*	20g	40g
diced tomatoes with garlic & onion	1 box	2 boxes
brown sugar*	1 tsp	2 tsp
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
cucumber	1	2
cos lettuce	½ head	1 head
honey*	½ tsp	1 tsp
white wine vinegar*	drizzle	drizzle
light sour cream	1 medium packet	1 large packet
smoked Cheddar cheese**	1 packet (50g)	1 packet (100g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3662kJ (875Cal)	421kJ (100Cal)
Protein (g)	31.7g	3.6g
Fat, total (g)	37g	4.3g
- saturated (g)	17.5g	2g
Carbohydrate (g)	91.6g	10.5g
- sugars (g)	35g	4g
Sodium (mg)	1924mg	221mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3642kJ (870Cal)	418kJ (99Cal)
Protein (g)	31.9g	3.7g
Fat, total (g)	36.3g	4.2g
- saturated (g)	16.8g	1.9g
Carbohydrate (g)	91.6g	10.5g
- sugars (g)	35g	4g
Sodium (mg)	1908mg	219mg

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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Get prepped

Finely chop the **brown onion** and **garlic**. Drain the **sweetcorn**. Grate the **carrot**. Drain and rinse the **red kidney beans**.



## Grill the enchiladas

Preheat the grill to high. Lay the **mini flour tortillas** on a chopping board. Spoon some **bean filling** down the centre of a **tortilla**. Roll it up tightly and place, seam-side down, in a baking dish. Repeat with remaining **tortillas** and **bean filling**, ensuring the tortillas fit together snugly. Pour over the **sauce**, then sprinkle with **shredded Cheddar cheese**. Grill the **enchiladas** until the cheese is melted and golden and the tortillas are warmed through, **8-10 minutes**.

## CUSTOM RECIPE

If you've swapped to smoked Cheddar cheese, grate the cheese. Sprinkle it over the enchiladas as above.



## Cook the filling

**SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and 1/2 the **onion**, stirring, until softened, **5 minutes**. Add the **All-American spice blend**, **sweetcorn** and 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **water**, **red kidney beans**, **butter** and 1/2 the **diced tomatoes with garlic & onion**. Season with **salt** and **pepper**, then stir to combine. Simmer until the mixture is slightly thickened, **5 minutes**.



## Make the salad

While the enchiladas are grilling, thinly slice the **cucumber** into half-moons. Finely shred **cos lettuce** (see ingredients). In a medium bowl, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil**. Season, then add the **cucumber** and **lettuce**. Toss to coat.



## Make the sauce

In a small saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook the remaining **onion**, stirring, until softened, **2-3 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Stir in the remaining **diced tomatoes** and the **brown sugar**. Remove from the heat, then season to taste.



## Serve up

Divide the cheesy bean and veggie enchiladas between plates. Top with a dollop of **light sour cream**. Serve with the salad.

## Enjoy!

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