



Cheezy Butter Bean Enchiladas

with Plant-Based Aioli & Charred Corn Salsa

Grab your Meal Kit with this symbol



Onion



Garlic



Capsicum



Herbs



Carrot



Sweetcorn



Butter Beans



All-American Spice Blend



Vegetable Stock Powder



Passata



Mini Flour Tortillas



Plant-Based Shredded Cheddar Cheese



Plant-Based Aioli



Beef Mince

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

Plant Based



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

If you're looking for a fun meat-free meal, these enchiladas are it. From the tomatoey, mildly spiced butter beans, to the sweet and zingy charred corn salsa, every bite is a delight - and you'd never know that the cheese and aioli are plant-based.

Pantry items

Olive Oil, Plant Based Butter, Red 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 · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1	2
garlic	2 cloves	4 cloves
capsicum	1	2
herbs	1 bag	1 bag
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
butter beans	1 tin	2 tins
All-American spice blend	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
plant-based butter*	20g	40g
water*	½ cup	¾ cup
passata	1 box	2 boxes
mini flour tortillas	6	12
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
red wine vinegar*	drizzle	drizzle
plant-based aioli	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3315kJ (792Cal)	453kJ (108Cal)
Protein (g)	22.2g	3g
Fat, total (g)	38.9g	5.3g
- saturated (g)	8.9g	1.2g
Carbohydrate (g)	89.5g	12.2g
- sugars (g)	25.6g	3.5g
Sodium (mg)	2447mg	335mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4277kJ (1022Cal)	500kJ (119Cal)
Protein (g)	49.5g	5.8g
Fat, total (g)	51.6g	6g
- saturated (g)	15.3g	1.8g
Carbohydrate (g)	91.7g	10.7g
- sugars (g)	27g	3.2g
Sodium (mg)	2509mg	293mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

Finely chop **onion** and **garlic**. Roughly chop **capsicum** and **herbs** (including the stems). Grate the **carrot**. Drain the **sweetcorn**. Drain and rinse **butter beans**.



Grill the enchiladas

Preheat grill to high. Drizzle a baking dish with **olive oil**. Lay **mini flour tortillas** on a chopping board. Spoon some **bean mixture** down the centre of a **tortilla**, then roll it up tightly and place, seam-side down, in the baking dish. Repeat with remaining **tortillas** and **bean mixture**, ensuring **tortillas** fit together snugly. Pour over remaining **passata**. Sprinkle with **plant-based shredded Cheddar cheese**. Grill **enchiladas** until warmed through and cheese is slightly melted and golden, **6-10 minutes**.

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



Char the corn

Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a medium bowl and set aside.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Make the salsa

While the enchiladas are grilling, add **herbs** to the bowl with the charred **corn**. Drizzle with **red wine vinegar** and **olive oil**. Toss to combine. Season to taste.



Cook the filling

Return pan to high heat with a drizzle of **olive oil**. Cook **onion**, **capsicum** and **carrot** until softened, **5-6 minutes**. Add **All-American spice blend** and **garlic** and cook until fragrant, **1 minute**. Add **beans**, **vegetable stock powder**, the **plant-based butter**, the **water** and 1/2 the **passata**. Cook until slightly thickened, **1 minute**. Remove pan from heat. Lightly crush **beans** with a potato masher or fork. Season with **salt** and **pepper** to taste.

CUSTOM RECIPE

If you've added beef mince, after cooking the garlic for 1 minute, add the mince and cook, breaking up with spoon, until browned, 4-5 minutes. Continue with the step.



Serve up

Divide cheesy butter bean enchiladas between plates. Top with **plant-based aioli** and charred corn salsa to serve.

Enjoy!

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