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WK 40
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Mexican Bean Enchiladas with Fresh Mixed Leaves

Enchiladas – what could be more fun? Take one part tasty beans, one part melted cheesy goodness and top with a drizzle of fresh lemon juice. Be sure to let everyone chip in to get this authentic favourite on the table!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



nut free



helping hands

Pantry Items



Olive Oil



Hot Water



Brown Onion



Zucchini



Carrot



Mexican Spice Mix



Garlic



Red Kidney Beans



Diced Tomatoes



Tomato Paste



Flour Tortillas



Cheddar Cheese



Lemon



Mixed Salad Leaves

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QTY	Ingredients	
1 tbs	olive oil *	
1	brown onion, finely sliced	⊕
1	zucchini, grated & excess moisture squeezed out	
1	carrot, grated	⊕
½ sachet	Mexican spice mix	
1 clove	garlic, peeled & crushed	
1 tin	red kidney beans, drained & rinsed	
1 tin	diced tomatoes	
2 tbs	tomato paste (recommended amount)	
½ cup	hot water *	
1 packet	flour tortillas	
1 block	Cheddar cheese, grated	
½	lemon, sliced into wedges	⊕
1 bag	mixed salad leaves, washed	

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2370	Kj
Protein	20.7	g
Fat, total	21.2	g
-saturated	6.7	g
Carbohydrate	66.1	g
-sugars	11.9	g
Sodium	766	mg

2

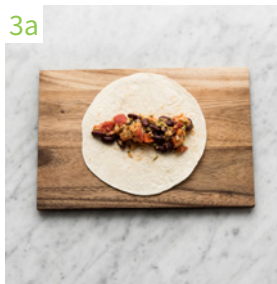


You will need: *chef's knife, chopping board, box grater, garlic crusher, sieve, large baking dish, large frying pan, wooden spoon and measuring cup*

1 Preheat the oven to **200°C/180°C fan-forced** and lightly grease a large baking dish.

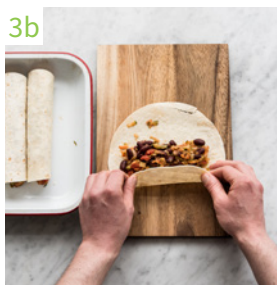
2 Heat the **olive oil** in a large frying pan over a medium-high heat. Add the **brown onion, zucchini** and **carrot** and cook, stirring, for **5 minutes** or until the onion is soft. Add the **Mexican spice mix** and **garlic** and cook, stirring, for **30 seconds**. Add the **red kidney beans**, half of the **diced tomatoes**, **tomato paste** and the **hot water** and stir to combine. Season to taste with **salt** and **pepper**. Simmer the mixture for **8-10 minutes** or until the sauce has thickened.

3a



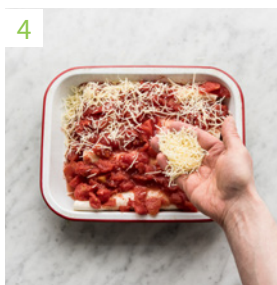
3 Gently pull apart the **flour tortillas** and place on a flat surface. Place ¼ cup of the bean mixture down the centre of each tortilla and roll up to close. Place them seam side down in the prepared baking dish. Repeat with the remaining wraps and bean mixture. Top the wraps with the remaining diced tomato and sprinkle with the grated **Cheddar cheese**. Place in the oven for **10-15 minutes** or until the cheese has melted and is golden.

3b



4 To serve, divide the bean enchiladas between plates. Serve with the **lemon wedges** and **mixed salad leaves**, drizzled with some olive oil and a sprinkle of salt and pepper.

4



Did you know? The word “tortilla” comes from the Spanish word “torta” which means “round cake.”