



# CHEESY VEG & BEAN ENCHILADAS

with Mixed Green Salad



Make  
vegetarian enchiladas



Red Onion



Carrot



Mexican Fiesta Spice Blend



Garlic



Red Kidney Beans



Diced Tomatoes



Tomato Paste



Classic Wraps



Grated Cheddar Cheese



Lemon



Mixed Salad Leaves



Cucumber



Greek Yoghurt

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

Spicy (Mexican Fiesta  
spice blend)

Enchiladas – what could be more fun? Take one part tasty beans, one part yummy tortillas then combine them and top the whole thing with melty cheesy goodness. With a fresh side salad, this vego meal is a winner.

**Pantry Staples:** Olive Oil, Vinegar (White Wine Or Balsamic), Honey

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, box grater, colander, garlic crusher, large frying pan, wooden spoon, medium baking dish, medium bowl** and **tongs**.



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **red onion (use suggested amount)**. Grate the **carrot (unpeeled)**. Peel and crush the **garlic**. Drain and rinse the **red kidney beans**.



### 2 COOK THE BEAN FILLING

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **onion and carrot** and cook, stirring, for **5 minutes**, or until softened. Add the **Mexican Fiesta spice blend** and **garlic** and cook for **1 minute**, or until fragrant. **TIP:** Use less of the spice blend for less heat! Add the **red kidney beans, 1/2 the diced tomatoes, the tomato paste** and the **warm water (check ingredients list for amount)**. Season with **salt** and **pepper** and stir to combine. Simmer for **5 minutes**, or until the mixture has slightly thickened.



### 3 MAKE THE ENCHILADAS

Lay one **classic wrap** on a flat surface. Spoon **1/2 cup** of the **bean mixture** down the centre. Roll the wrap up tightly and place, seam-side down, in the medium baking dish. Repeat with the remaining wraps and bean mixture, ensuring they fit together snugly in the baking dish. Pour the **remaining diced tomatoes** over the rolled wraps. Sprinkle with the **grated Cheddar cheese**.



### 4 BAKE THE ENCHILADAS

Bake the enchiladas for **8-10 minutes**, or until the cheese is golden and the wraps have warmed through.



### 5 MAKE THE SALAD

While the enchiladas are baking, chop the **cucumber** into 1 cm chunks. Combine the **vinegar, honey** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)** in a medium bowl. Add the **mixed salad leaves** and cucumber and toss to coat. **TIP:** Dress your salad just before serving to prevent soggy leaves! Slice the **lemon** into wedges.



### 6 SERVE UP

Divide the enchiladas between plates. Serve with a dollop of **Greek yoghurt**, the lemon wedges and salad on the side.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1/2	1
carrot	1	2
garlic	1 clove	2 cloves
red kidney beans	1 tin (400 g)	2 tins (800 g)
Mexican fiesta spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
diced tomatoes	1 box (390 g)	2 boxes (780 g)
tomato paste	1 sachet (50 g)	2 sachets (100 g)
warm water*	1/4 cup	1/2 cup
classic wraps	4	8
grated Cheddar cheese	1 packet (50 g)	1 packet (100 g)
lemon	1/2	1
mixed salad leaves	1 bag	1 bag
cucumber	1	2
vinegar* (white wine or balsamic)	2 tsp	1 tbs
honey*	1/2 tsp	1 tsp
Greek yoghurt	1 tub (100 g)	1 tub (200 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3390kJ (811Cal)	401kJ (96Cal)
Protein (g)	31.2g	3.7g
Fat, total (g)	31.1g	3.7g
- saturated (g)	9.6g	1.1g
Carbohydrate (g)	88.2g	10.4g
- sugars (g)	27.4g	3.2g
Sodium (g)	2610mg	308mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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