



American Veggie & Bean Enchiladas

with Garden Salad & Sour Cream

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Capsicum



Carrot



Red Kidney Beans



Tex-Mex Spice Blend



Diced Tomatoes with Garlic & Olive Oil



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Mixed Salad Leaves



Sour Cream

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

Enchiladas – what could be more fun? Make a tasty bean filling, roll it up in soft flour wraps and then top the whole thing off with melted cheesy goodness. With a fresh side salad, this vego meal is a winner.

Pantry items

Olive Oil, Brown Sugar, Vinegar (White Wine or Red Wine Vinegar), Honey

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 frying pan · 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
capsicum	1	2
carrot	1	2
red kidney beans	1 tin	2 tins
Tex-Mex spice blend	1 sachet	2 sachets
warm water*	¼ cup	½ cup
diced tomatoes with garlic & olive oil	1 tin	2 tins
mini flour tortillas	6	12
brown sugar*	½ tsp	1 tsp
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
cucumber	1	2
vinegar* (white wine or red wine vinegar)	1 tsp	2 tsp
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3465kJ (828Cal)	375kJ (89Cal)
Protein (g)	31.2g	3.4g
Fat, total (g)	32.3g	3.5g
- saturated (g)	13.4g	1.5g
Carbohydrate (g)	91.7g	9.9g
- sugars (g)	39.3g	4.3g
Sodium (mg)	1419mg	154mg

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.



Get prepped

Finely chop the **brown onion** and **garlic**. Roughly chop the **capsicum**. Grate the **carrot** (unpeeled). Drain and rinse the **red kidney beans**.



Grill the enchiladas

Preheat the grill to high. Lay the **mini flour tortillas** on a flat surface. Divide the **bean mixture** between the **tortillas** (about 1/2 cup each). Roll each **tortilla** up tightly and place, seam-side down, in baking dish, ensuring they fit together snugly. Pour the **enchilada sauce** over the rolled **tortillas**. Sprinkle with the **shredded Cheddar cheese**. Grill the **enchiladas** until warmed through and the cheese is golden, **6-10 minutes**.

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



Cook the filling

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **carrot**, **capsicum** and 1/2 the **onion** and cook, stirring, until softened, **5 minutes**. Add the **Tex-Mex spice blend** and 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **red kidney beans**, **warm water** and 1/2 the **diced tomatoes with garlic & olive oil**. Season with **salt** and **pepper** and stir to combine. Simmer until the mixture has thickened slightly, **5 minutes**.



Make the salad

While the enchiladas are grilling, thinly slice the **cucumber** into half-moons. In a medium bowl, combine the **vinegar**, **honey** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **mixed salad leaves** and **cucumber** and toss to coat.



Make the enchilada sauce

In a small frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the remaining **onion** and cook until softened, **2-3 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the remaining **diced tomatoes with garlic & olive oil** and the **brown sugar** and stir to combine. Remove from the heat.



Serve up

Divide the American veggie and bean enchiladas between plates. Serve with the **sour cream** and garden salad.

Enjoy!