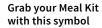


American Veggie & Bean Enchiladas with Garden Salad & Sour Cream





















Tex-Mex

Spice Blend

Red Kidney Beans



Diced Tomatoes with



Garlic & Olive Oil



Shredded Cheddar



Cucumber

Tortillas

Cheese



Mixed Salad Leaves



Sour Cream

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 \cdot Small frying pan \cdot Medium or large baking dish

Ingredients

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	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*	1/4 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**.



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 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.



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.



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.



Serve up

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

Enjoy!