

American Veggie & Bean Enchiladas

with Corn Salad

Grab your Meal Kit
with this symbol



Brown Onion



Garlic



Capsicum



Carrot



Red Kidney
Beans



All-American
Spice Blend



Diced Tomatoes
with Garlic & Onion



Mini Flour
Tortillas



Shredded Cheddar
Cheese



Corn



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 crisp side salad, this vego meal is a winner.

*Unfortunately, this week's cucumber was in short supply, so we've replaced it with corn.
Don't worry, the recipe will be just as delicious!*

Pantry items

Olive Oil, Butter, Brown Sugar, 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 saucepan · 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
All-American spice blend	1 sachet	2 sachets
water*	¼ cup	½ cup
diced tomatoes with garlic & onion	1 box	2 box
butter*	20g	40g
mini flour tortillas	6	12
brown sugar*	1 tsp	2 tsp
shredded Cheddar cheese	1 medium packet	1 large packet
corn	1	2
vinegar*	1 tsp	2 tsp
honey*	½ tsp	1 tsp
mixed salad leaves (30g)	1 bag (30g)	1 bag (60g)
sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3809kJ (910Cal)	418kJ (100Cal)
Protein (g)	30.1g	3.3g
Fat, total (g)	43.6g	4.8g
- saturated (g)	19.7g	2.2g
Carbohydrate (g)	87.8g	9.6g
- sugars (g)	35.7g	9.6g
Sodium (mg)	1603mg	176mg

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.



Get prepped

Finely chop the **brown onion**. Finely chop the **garlic**. Roughly chop the **capsicum**. Grate the **carrot**. 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 **mini flour tortillas** (about 1/2 cup each). Roll the **tortillas** up tightly and place, seam-side down, in a baking dish, ensuring they fit together snugly. Pour the **sauce** over the rolled **wraps**. Sprinkle with the **shredded Cheddar cheese**. Grill the **enchiladas** until warmed through and the cheese is golden, **6-10 minutes**.



Cook the filling

SPICY! This is a mild spice blend, but if you're sensitive to heat, feel free to add less. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **capsicum, carrot** and 1/2 the **onion**, stirring, until softened, **5 minutes**. Add the **All-American spice blend** and 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **water, red kidney beans, 1/2 the diced tomatoes with garlic & onion** and the **butter**. 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 baking, cut the kernels off the **corn cob**. Wash and dry the frying pan and return to a high heat. Add the **corn** kernels and cook until charred, **4-5 minutes**. Transfer to a medium bowl and add the **vinegar, honey** and a drizzle of **olive oil**. Add the **mixed salad leaves** and toss to coat.



Make the sauce

In a small saucepan, 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** and the **brown sugar** and stir to combine. Remove from the heat. Season with **salt and pepper**.



Serve up

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

Enjoy!