

# Cheesy Veggie & Bean Enchiladas

with Salad & Sour Cream

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



Cucumber



Mixed Salad Leaves



Light Sour Cream

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

Is there any meal more fun than enchiladas? Make a hearty kidney bean filling, spoon it into soft flour tortillas and then top with shredded Cheddar for melted cheesy deliciousness. Serve with a cucumber-studded salad for clean flavours and crunch and you can't go wrong!

### Pantry items

Olive Oil, Butter, Brown Sugar, Honey, White Wine Vinegar



## 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 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
butter*	20g	40g
diced tomatoes with garlic & onion	1 box	2 boxes
brown sugar*	1 tsp	2 tsp
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
cucumber	1	2
honey*	½ tsp	1 tsp
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
light sour cream	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3814kJ (911Cal)	431kJ (103Cal)
Protein (g)	30.1g	3.4g
Fat, total (g)	41.4g	4.7g
- saturated (g)	19.3g	2.2g
Carbohydrate (g)	93.1g	10.5g
- sugars (g)	38.7g	4.4g
Sodium (mg)	2085mg	235mg

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](https://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**. Drain and rinse the **red kidney beans**.



## Grill the enchiladas

Preheat the grill to high. Lay the **mini flour tortillas** on a chopping board. Spoon some **bean filling** down the centre of a **tortilla**. Roll it up tightly and place, seam-side down, in a medium baking dish. Repeat with the remaining **tortillas** and **filling**, ensuring the **tortillas** fit together snugly in the dish. Pour over the **sauce**, then sprinkle with the **shredded Cheddar cheese**. Grill the **enchiladas** until the cheese is melted and golden and the tortillas have warmed through, **8-10 minutes**.



## Cook the filling

**SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. 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**, **butter** and 1/2 the **diced tomatoes with garlic & onion**. Season with **salt** and **pepper**, then 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 **honey** and a drizzle of **white wine vinegar** and **olive oil**. Season, then add the **cucumber** and **mixed salad leaves**. Toss to coat.



## Make the sauce

In a small saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook the remaining **onion**, stirring, until softened, **2-3 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Stir in the remaining **diced tomatoes** and the **brown sugar**. Remove from the heat, then season to taste.



## Serve up

Divide the cheesy bean and veggie enchiladas between plates. Top with a dollop of **light sour cream**. Serve with the salad.

## Enjoy!

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