



Mexican Beef Enchiladas

with Corn Salsa & Sour Cream

Grab your Meal Kit with this symbol



Red Onion



Garlic



Carrot



Sweetcorn



Beef Mince



Mexican Fiesta Spice Blend



Diced Tomatoes With Garlic & Onion



Mini Flour Tortillas



Shredded Cheddar Cheese



Coriander



Light Sour Cream

Hands-on: **20-30 mins**
 Ready in: **35-45 mins**

Spicy (Mexican Fiesta spice blend)

With a flavourful beef filling, soft flour tortillas, melted Cheddar cheese, juicy corn salsa and sour cream, it's no wonder this colourful Mexican dish continues to be a hit.

Pantry items

Olive Oil, Butter, Sugar, Vinegar (White Wine or Red Wine)

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 · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
garlic	1 clove	2 cloves
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
beef mince	1 small packet	1 medium packet
butter*	30g	60g
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
sugar*	½ tsp	1 tsp
salt*	½ tsp	1 tsp
mini flour tortillas	6	12
shredded Cheddar cheese	½ medium packet	1 medium packet
coriander	1 bag	1 bag
vinegar* (white wine or red wine)	½ tsp	1 tsp
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3961kJ (946Cal)	537kJ (128Cal)
Protein (g)	48.8g	6.6g
Fat, total (g)	48.9g	6.6g
- saturated (g)	24.9g	3.4g
Carbohydrate (g)	71.8g	9.7g
- sugars (g)	28.4g	3.9g
Sodium (mg)	2746mg	373mg

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 **red onion** and **garlic**. Grate the **carrot**. Drain the **sweetcorn**.



Grill the enchiladas

Preheat the grill to medium-high. Drizzle a baking dish with **olive oil**. Lay the **mini flour tortillas** on a chopping board. Spoon some **beef filling** down the centre of a **tortilla**, then roll it up tightly and place, seam side-down, in the baking dish. Repeat with the remaining **filling** and **tortillas**, ensuring they fit together snugly. Sprinkle with the **shredded Cheddar cheese** (see ingredients). Grill the **enchiladas** until the cheese is melted and golden and the tortillas are warmed through, **8-10 minutes**.



Cook the corn & beef

Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly browned, **5 minutes**. Transfer to a small bowl. Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and **carrot** and cook, breaking up the beef with a spoon, until browned, **4-5 minutes**.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

TIP: For best results, drain the oil from the pan before cooking the sauce in step 3!



Make the salsa

While the enchiladas are grilling, roughly chop the **coriander**. To the bowl with the **corn**, add the **coriander** and a drizzle of **vinegar** and **olive oil**. Toss to combine. Season to taste.



Make it saucy

SPICY! You may find the spice blend hot! Add less if you're sensitive to heat. Add the **butter** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Add the **diced tomatoes with garlic & onion**, the **sugar** and the **salt** and bring to the boil. Reduce the heat to medium, then simmer until thickened, **5 minutes**.

TIP: Add a splash of water to loosen the filling, if needed.



Serve up

Divide the Mexican beef enchiladas between plates. Top with the corn salsa and **light sour cream** to serve.

Enjoy!

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