



Mexican Beef Enchiladas

with Corn Salsa & Sour Cream

Grab your Meal Kit with this symbol



Garlic



Carrot



Sweetcorn



Mexican Fiesta Spice Blend



Diced Tomatoes With Garlic & Onion



Mini Flour Tortillas



Coriander



Beef Mince



Light Sour Cream



Shredded Cheddar Cheese



Diced Bacon

Prep in: **20-30 mins**
Ready in: **35-45 mins**

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 with a lid · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (420g)
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	1 medium packet	1 large 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
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3876kJ (926Cal)	597kJ (143Cal)
Protein (g)	47.1g	7.3g
Fat, total (g)	49.8g	7.7g
- saturated (g)	26g	4g
Carbohydrate (g)	67.7g	10.4g
- sugars (g)	24.1g	3.7g
Sodium (mg)	2722mg	419mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4264kJ (1019Cal)	614kJ (147Cal)
Protein (g)	54g	7.8g
Fat, total (g)	56.6g	8.1g
- saturated (g)	28.5g	4.1g
Carbohydrate (g)	68.5g	9.9g
- sugars (g)	24.6g	3.5g
Sodium (mg)	3153mg	454mg

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.

We're here to help!

Scan here if you have any questions or concerns



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Get prepped

- Finely chop **garlic**.
- Grate **carrot**.
- Drain **sweetcorn**.



Cook the corn & beef

- Heat a large frying pan over high heat. Cook **corn** kernels until lightly browned, **5 minutes**. Transfer to a small bowl. Set aside.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Add **beef mince** and **carrot** and cook, breaking up the **beef** with a spoon, until browned, **4-5 minutes**. Drain any excess **oil** from the pan.

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

Custom Recipe: If you've added diced bacon, cook it with the beef and carrot, breaking up the beef and bacon with a spoon, until browned, 5-6 minutes



Grill the enchiladas

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



Make the salsa

- Meanwhile, roughly chop **coriander**.
- Add **coriander** and a drizzle of **vinegar** and **olive oil** to the bowl with the charred **corn**.
- 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**.
- Stir in **diced tomatoes with garlic & onion**, the **sugar** and the **salt**. Bring to the boil. Reduce heat to medium, then simmer until thickened, **5 minutes**.

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



Serve up

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

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