


Cheeseburger-Style Beef Enchiladas

with Caramelised Onion & Hidden Veg

Grab your Meal Kit with this symbol 



Garlic



Carrot



Brown Onion



Celery



Sweetcorn



Beef Mince



All-American Spice Blend



Dijon Mustard



Passata



Mini Flour Tortillas



Shredded Cheddar Cheese



Mayonnaise



Diced Bacon

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: 20-30 mins
Ready in: 25-35 mins

We've taken the flavours of a classic cheeseburger and wrapped them up into these delicious beef enchiladas. Half American and half Mexican, we think this fusion is a winning combo!



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

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

NOTE: 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
garlic	2 cloves	4 cloves
carrot	1	2
brown onion	½	1
celery	1 stalk	2 stalks
sweetcorn	1 tin (125g)	1 tin (300g)
beef mince	1 small packet	1 medium packet
All-American spice blend	1 sachet	2 sachets
Dijon mustard	1 packet (15g)	2 packets (30g)
passata	1 box	2 boxes
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1 tsp	½ tbs
mayonnaise	1 packet (40g)	1 packet (100g)
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3650kJ (872Cal)	522kJ (124Cal)
Protein (g)	48.5g	6.9g
Fat, total (g)	41.1g	5.9g
- saturated (g)	13.3g	1.9g
Carbohydrate (g)	68.6g	9.8g
- sugars (g)	24.1g	3.4g
Sodium (mg)	1549mg	221mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4031kJ (963Cal)	541kJ (129Cal)
Protein (g)	56.1g	7.5g
Fat, total (g)	47.4g	6.4g
- saturated (g)	15.5g	2.1g
Carbohydrate (g)	69g	9.3g
- sugars (g)	24.6g	3.3g
Sodium (mg)	1973mg	265mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Finely chop **garlic**. Grate **carrot**. Thinly slice **brown onion**. Finely chop **celery**. Drain **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **garlic** and **All-American spice blend** and cook, stirring, until fragrant, **1 minute**. Reduce heat to medium-high. Add **carrot, celery** and **corn** and cook, stirring, until softened, **3-4 minutes**.
- Add **Dijon mustard** and **passata** and cook, stirring, until slightly thickened, **2 minutes**. Season with **salt** and **pepper**.

CUSTOM RECIPE

If you've added diced bacon, cook it with the beef mince, breaking up with a spoon, until just browned, 4-5 minutes. Continue as above.

3



Caramellise the onion

- Meanwhile, wash and dry frying pan. Return to a medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Add **balsamic vinegar**, the **water** and **brown sugar**. Mix well. Cook until dark and sticky, **3-5 minutes**.

2



Bake the enchiladas

- Drizzle a baking dish with **olive oil**.
- Place **mini flour tortillas** on chopping board. Spoon some **beef mixture** down the centre of a **tortilla**. Roll up tightly and place, seam-side down, in baking dish. Repeat with remaining **tortillas** and **beef mixture**, ensuring they fit together snugly.
- Sprinkle with **shredded Cheddar cheese**.
- Bake **enchiladas** until cheese is melted and golden and tortillas have warmed through, **8-10 minutes**.

4



Serve up

- Divide cheeseburger-style beef enchiladas between plates.
- Top with **mayonnaise** and caramelised onion to serve.

Enjoy!