



American Veggie & Bean Enchiladas

with Cos Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Red Kidney Beans



All-American Spice Blend



Tomato Paste



Diced Tomatoes with Garlic & Olive Oil



Classic Wraps



Shredded Cheddar Cheese



Cos Lettuce



Cucumber



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 fresh side salad, this vego meal is a winner.

Pantry items

Olive Oil, 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 baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
red kidney beans	1 tin	2 tins
All-American spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
warm water*	¼ cup	½ cup
diced tomatoes with garlic & olive oil	1 box (400g)	2 boxes (800g)
brown sugar*	½ tsp	1 tsp
classic wraps	4	8
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
cos lettuce	1 head	2 heads
cucumber	1	2
vinegar*	1 tbs	2 tbs
honey*	1 tsp	2 tsp
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3390kJ (809Cal)	383kJ (92Cal)
Protein (g)	29.2g	3.3g
Fat, total (g)	30.6g	3.5g
- saturated (g)	12.9g	1.5g
Carbohydrate (g)	92.4g	10.4g
- sugars (g)	34.4g	3.9g
Sodium (g)	2290mg	259mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Drain and rinse the **red kidney beans**.



4. Grill the enchiladas

Preheat the grill to high. Pour the **tomato mixture** over the enchiladas. Sprinkle with the **shredded Cheddar cheese**. Grill the enchiladas until warmed through and the cheese is golden, **6-10 minutes**.



2. Cook the filling

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot** and **1/2 the onion** and cook, stirring, until softened, **5 minutes**. Add the **All-American spice blend** and **1/2 the garlic** and cook until fragrant, **1 minute**. Add the **red kidney beans**, **tomato paste**, **warm water** and **1/2 the diced tomatoes with garlic & olive oil**. Season with **salt** and **pepper** and stir to combine. Simmer until the mixture has thickened slightly, **5 minutes**.



5. Make the salad

While the enchiladas are grilling, thinly shred the **cos lettuce**. Thinly slice the **cucumber** into half-moons. In a medium bowl, combine the **vinegar**, **honey** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Season with a **pinch of salt** and **pepper**. Add the **cos lettuce** and **cucumber** and toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp!



3. Prepare the enchiladas

While the bean mixture is simmering, heat a **drizzle of olive oil** in a small saucepan 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 **brown sugar** and **remaining diced tomatoes with garlic & olive oil** and stir to combine. Remove from the heat. Lay the **classic wraps (see ingredients list)** on a flat surface. Divide the **bean mixture** between the wraps (about 1/2 cup each). Roll the **wraps** up tightly and place, seam-side down, in a medium baking dish, ensuring they fit together snugly.



6. Serve up

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

Enjoy!