

# Cheat's Cheesy Beef & Corn Enchiladas

with Mixed Salad & Yoghurt

Grab your Meal Kit with this symbol



Garlic



Carrot



Sweetcorn



Beef Mince



Tex-Mex  
Spice Blend



Chopped Tomatoes



Mini Flour  
Tortillas



Shredded Cheddar  
Cheese



Mixed Salad  
Leaves



Coriander



Yoghurt

 Hands-on: 25-35 mins  
Ready in: 30-40 mins

Everyone loves enchiladas, but we've made them even more lovable by getting them on the table quicker. This version uses the grill to melt the cheese, and adds corn and carrot to the beef mixture for extra flavour and texture.

### Pantry items

Olive Oil, Sugar, Balsamic 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 · Large or medium baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
sweetcorn	½ tin	1 tin
beef mince	1 small packet	1 medium packet
Tex-Mex spice blend	1 sachet	1 sachet
chopped tomatoes	½ tin	1 tin
sugar*	½ tsp	1 tsp
salt*	¼ tsp	½ tsp
water*	¼ cup	½ cup
balsamic vinegar* (for the sauce)	¼ tsp	½ tsp
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
balsamic vinegar* (for the salad)	½ tsp	1 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
coriander	1 bunch	1 bunch
yoghurt	1 small packet	1 large packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3090kJ (738Cal)	560kJ (134Cal)
Protein (g)	45.8g	8.3g
Fat, total (g)	29.0g	5.3g
- saturated (g)	11.6g	2.1g
Carbohydrate (g)	67.4g	12.2g
- sugars (g)	16.6g	3.0g
Sodium (mg)	1550mg	281mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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 **garlic**. Grate the **carrot** (unpeeled). Drain the **sweetcorn** (see ingredients).



## Grill the enchiladas

Preheat the grill to medium-high. Grease a large baking dish with **olive oil**. Lay a **mini flour tortilla** on a flat surface and spoon some of the **beef mixture** down the centre. Roll the **tortilla** up tightly and place, seam-side down, in the baking dish. Repeat with the remaining **tortillas** and **beef mixture**, ensuring they fit together snugly in the baking dish. Sprinkle with the **shredded Cheddar cheese**. Grill the **enchiladas** until the cheese is melted and the tortillas have warmed through, **8-10 minutes**.



## Brown the beef mince

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef mince**, breaking it up with a spoon, until just browned, **2-3 minutes**. Add the **carrot** and cook, stirring, until softened, **2 minutes**. Add the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**.



## Make the salad

While the enchiladas are grilling, combine the **balsamic vinegar (for the salad)** and a drizzle of **olive oil** in a large bowl. Season with **salt** and **pepper**, then add the **mixed salad leaves** and toss to combine.



## Make it saucy

Add the **chopped tomatoes** (see ingredients), the **sugar**, **salt**, **water**, **sweetcorn** and **balsamic vinegar (for the sauce)** and bring to the boil. Reduce the heat to medium and simmer until thickened, **5 minutes**.

**TIP:** Add another splash of water if the beef mixture looks too dry!



## Serve up

Roughly chop the **coriander**. Divide the cheesy beef and corn enchiladas and mixed salad between plates. Top with the **yoghurt** and sprinkle with the coriander.

## Enjoy!