



# CHEESY MEXICAN BEAN ENCHILADAS

with Charred Corn Salsa



Make your own enchiladas



Red Onion



Carrot



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Coriander



Tomato



Lime



Greek Yoghurt



Hands-on: **35 mins**

Ready in: **40 mins**



Spicy (Mexican Fiesta spice blend)

It's a Mexican fiesta done properly – with beans, tortillas, lots of cheese and salsa. It's colourful, delicious and a heap of fun. Don't forget to dollop on the yoghurt and give it all a fresh squeeze of lime to really get the fiesta going!

**Pantry Staples:** Olive Oil

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
• **medium frying pan** • **medium baking dish**



## 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **red onion**. Grate the **carrot** (unpeeled). Drain the **sweetcorn**. Drain and rinse the **black beans**.



## 2 CHAR THE CORN

Heat a medium frying pan over a medium-high heat. Add the **corn** kernels and cook, tossing occasionally, until golden and lightly charred, **5 minutes**. Transfer to a medium bowl. **TIP:** Cover the pan with a lid or foil if the kernels start jumping out!



## 3 MAKE THE ENCHILADA FILLING

**SPICY!** You may find the spice blend hot! Feel free to add less, depending on your taste. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** (reserve a little for the salsa if you like) and **carrot** and cook until softened, **3-4 minutes**. Add the **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**. Add the **black beans**, **1/2** the charred **corn** and **1/2** the **enchilada sauce**. Stir to combine, then remove the pan from the heat.



## 4 BAKE THE ENCHILADAS

Working with one at a time, place a **mini flour tortilla** on a flat surface and top with a generous spoonful of the enchilada filling. Roll the tortilla to close and place, seam-side down, in a medium baking dish. Once all the tortillas are in the dish, top with the **remaining enchilada sauce** and sprinkle with the **shredded Cheddar cheese**. Bake until the cheese is golden, **15 minutes**.



## 5 MAKE THE SALSA

While the enchiladas are baking, roughly chop the **coriander**. Finely chop the **tomato**. Slice the **lime** into wedges. Add any **reserved red onion**, the tomato and coriander to the bowl with the remaining charred **corn**. **Drizzle** with **olive oil** and add a **squeeze** of lime juice. Season to taste with **salt** and **pepper** and toss to coat. **TIP:** Add as much or as little lime juice as you like depending on your taste.



## 6 SERVE UP

Divide the cheesy bean enchiladas between plates and top with **Greek yoghurt** and the salsa. Serve with any remaining lime wedges.

# ENJOY!

# 2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
carrot	1	2
sweetcorn	1 tin (125 g)	1 tin (300 g)
black beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
enchilada sauce	2 packets (300 g)	4 packets (600 g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
coriander	1 bunch	1 bunch
tomato	1	2
lime	1	2
Greek yoghurt	1 packet (100 g)	2 packets (200 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3760kJ (899Cal)	426kJ (102Cal)
Protein (g)	36.1g	4.1g
Fat, total (g)	34.1g	3.9g
- saturated (g)	9.5g	1.1g
Carbohydrate (g)	113g	12.8g
- sugars (g)	27.5g	3.1g
Sodium (g)	3280mg	371mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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