



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK20
2016



Cheesy Mexican Enchiladas with Beans & Fresh Lime

This quick and easy number is guaranteed to put smiles on everyone's dials for dinner. With tasty packages of Mexican spiced beans covered in rich tomatoes and gooey melted cheese; what's not to like? Served with fresh greens and lime juice, it's no wonder this traditional Mexican dish continues to be so popular.

 **Prep:** 15 mins
Cook: 40 mins
Total: 55 min

 level 2

 spicy

 helping hands

Pantry Items



Olive Oil



Hot Water



Brown Onion



Zucchini



Carrot



Mexican Seasoning Mix



Garlic



Red Kidney Beans



Diced Tomatoes



Tomato Paste



Cheddar Cheese



Mixed Salad Leaves



Lime



Flour Tortillas

JOIN OUR PHOTO CONTEST



#HelloFreshAU

QTY

Ingredients

1 tbs	olive oil *
1	brown onion, finely sliced
1	zucchini, grated & excess moisture squeezed out
1	carrot, grated
2 tsp	Mexican seasoning mix
1 clove	garlic, peeled & crushed
1 tin	red kidney beans, drained & rinsed
1 tin	diced tomatoes
2 tbs	tomato paste
½ cup	hot water *
1 packet	flour tortillas
1 block	cheddar cheese, grated
1	lime, sliced into wedges
½ bag	mixed salad leaves, washed

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2390	Kj
Protein	20.8	g
Fat, total	21.7	g
-saturated	6.9	g
Carbohydrate	66.5	g
-sugars	10.9	g
Sodium	779	mg

2



You will need: *chef's knife, chopping board, box grater, garlic crusher, tongs, measuring cup, sieve, large frying pan, and a large baking dish.*

1 Preheat the oven to **200°C/180°C** fan-forced and lightly grease a large baking dish.

2 Heat the **olive oil** in a large frying pan over a medium-high heat. Add the **brown onion, zucchini** and **carrot** and cook, stirring, for **5 minutes** or until the onion is soft. Add the **Mexican seasoning mix** and **garlic** and cook, stirring, for **30 seconds**. Add the **red kidney beans**, half of the **diced tomatoes, tomato paste** and the **hot water** and stir to combine. Season to taste with **salt** and **pepper**. Simmer the mixture for **8-10 minutes** or until the sauce has thickened.

3a



3 Gently pull apart the **flour tortillas** and place on a flat surface. Place ¼ cup of the bean mixture down the centre of the tortillas and roll up to close. Place them seam side down, in the prepared baking dish. Repeat with the remaining wraps and bean mixture. Top the wraps with the remaining diced tomatoes and sprinkle with the **grated cheddar cheese**. Place in the oven for **10-15 minutes** or until the cheese has melted and is golden.

3b



4 To serve, divide the bean enchiladas between plates. Serve with the **lime wedges** and **mixed salad leaves**, drizzled with some olive oil and a sprinkle of salt and pepper.

3c



Did you know? The practice of rolling tortillas around other food dates back to the Mayan times.