



# MEXICAN WHITE BEAN ENCHILADAS

with Sour Cream & Side Salad



Make white bean enchiladas from scratch



Cannellini Beans



Brown Onion



Carrot



Parsley



Cheddar Cheese



Cucumber



Mild Mexican Spice Blend



Tomato Paste



Flour Tortillas



Enchilada Sauce



Mixed Salad Leaves



Slivered Almonds



Sour Cream



Chilli Flakes (Optional)

Hands-on: **20 mins**  
Ready in: **40 mins**  
Spicy (optional chilli flakes)

We often reach for the kidney beans when it comes to Mexican cuisine, but white beans add an amazing, creamy richness. Just thing the thing for a gooey, cheesy enchilada, off set with a fresh cucumber salad of course!

Pantry Staples: Olive Oil, Salt, Water, Balsamic Vinegar

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **sieve, chef's knife, chopping board, box grater, large frying pan, wooden spoon, medium baking dish, spoon** and a **large bowl**.



### 1 GET PREPPED

Drain and rinse the **cannellini beans**. Finely slice the **brown onion**. Finely chop the **carrot** (unpeeled). **TIP:** *Keep the skin on the carrot to retain the nutrients!* Pick and finely chop the **parsley** leaves. Grate the **Cheddar cheese**. Dice the **cucumber** into 1 cm cubes.



### 2 COOK THE FILLING

Heat a **drizzle** of **olive oil** in a large frying pan over a medium high heat. Add the **brown onion** and **carrot** and cook for **4-5 minutes**, or until softened. Add the **mild Mexican spice blend** and **parsley** and cook for **1 minute**, or until fragrant. Stir in the **cannellini beans, tomato paste, salt (use suggested amount)** and **warm water (check ingredients list for the amount)** and cook for **1 minute**, or until the liquid reduces and the sauce thickens.



### 3 ASSEMBLE THE ENCHILADAS

Preheat the grill to **medium-high**. Lay the **flour tortillas** on a flat surface and spoon **1/2 cup** of the **bean mixture** into the centre. Roll the tortilla tightly and place seam side down in a medium baking dish. Repeat with the remaining tortillas and bean mixture, ensuring the tortillas fit snug into the baking dish. **TIP:** *When rolling the enchiladas, fold in the ends first then fold in the sides. This will mean less mess when serving!*



### 4 COOK THE ENCHILADAS

Pour the **enchilada sauce** over the tortillas and sprinkle with the grated **Cheddar cheese**. Place the dish under the grill for **8-10 minutes**, or until the cheese is golden and the tortillas are warmed through.



### 5 TOSS THE SALAD

While the enchiladas are cooking, combine the **balsamic vinegar** and **1 tbs** of **olive oil** in a large bowl. Add the **mixed salad leaves, slivered almonds** and **cucumber** and toss to coat. Season to taste with a **pinch** of **salt** and **pepper**. **TIP:** *Dress the salad just before serving to avoid soggy leaves.*



### 6 SERVE UP

Divide the enchiladas and side salad between plates. Spoon over a dollop of **sour cream** and add a **pinch** of **chilli flakes (if using)** to the top of the adult portions. **TIP:** *Some like it hot but if you don't, just hold back on the chilli.*

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
cannellini beans	2 tins (800 g)
brown onion	1
carrot	2
parsley	1 bunch
Cheddar cheese	1 block (100 g)
cucumber	1
mild Mexican spice blend	1 sachet (1 tbs)
tomato paste	1 sachet (2 tbs)
salt*	¼ tsp
warm water*	½ cup
flour tortillas	8
enchilada sauce	1 sachet (300 g)
balsamic vinegar*	2 tsp
mixed salad leaves	1 bag
slivered almonds	1 packet (2 tbs)
sour cream	1 tub (200 ml)
chilli flakes (optional)	¼ sachet (¼ tsp)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2920kJ (697Cal)	432kJ (103Cal)
Protein (g)	26.6g	3.9g
Fat, total (g)	27.9g	4.1g
- saturated (g)	12.4g	1.8g
Carbohydrate (g)	75.1g	11.1g
- sugars (g)	15.4g	2.3g
Sodium (mg)	1330mg	197mg

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