



# Plant-Based Cheezy Lentil Enchiladas

with Coconut Yoghurt & Tomato Salsa

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Lentils



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Plant-Based Shredded Cheddar Cheese



Cucumber



Tomato



Plant-Based Coconut Yoghurt

- Hands-on: 20-30 mins  
Ready in: 30-40 mins
- Spicy (Mexican Fiesta spice blend)

- Calorie Smart
- Plant based

Whether you're plant-based or not, you're in for a treat with these enchiladas. Load the lentil filling up with grated carrot for sweetness, Mexican spices for some heat, and red enchilada sauce to bring it all together. The plant-based 'Cheddar' on top gets so lovely and gooey under the grill, you'd swear it was the real thing!

### Pantry items

Olive Oil, Sugar, White Wine 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 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
lentils	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
sugar*	pinch	pinch
enchilada sauce	½ packet (75g)	1 packet (150g)
mini flour tortillas	6	12
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
cucumber	1	2
tomato	1	2
white wine vinegar*	drizzle	drizzle
plant-based coconut yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2589kJ (618Cal)	413kJ (98Cal)
Protein (g)	19.4g	3.1g
Fat, total (g)	23g	3.7g
- saturated (g)	9.7g	1.5g
Carbohydrate (g)	86.1g	13.7g
- sugars (g)	22.9g	3.6g
Sodium (mg)	2020mg	322mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## Get prepped

Finely chop the **brown onion** and **garlic**. Grate the **carrot**. Drain and rinse the **lentils**.



## Grill the enchiladas

Preheat the grill to medium-high. Drizzle a large baking dish with **olive oil**. Lay the **mini flour tortillas** on a chopping board. Spoon some **lentil mixture** down the centre of a tortilla, then roll it up tightly and place, seam-side down, in the baking dish. Repeat with the remaining lentil mixture and tortillas, ensuring they fit together snugly. Pour over the remaining **enchilada sauce** (1/4 packet for 2 people / 1/2 packet for 4 people), then sprinkle with the **plant-based shredded Cheddar cheese**. Grill the **enchiladas** until the cheese is melted and golden and the tortillas have warmed through, **8-10 minutes**.



## Start the filling

**SPICY!** You may find the spice blend hot! Add less if you're sensitive to heat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** and **carrot**, stirring, until softened, **3-4 minutes**. Add the **garlic**, **lentils** and **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**.



## Make the salsa

While the enchiladas are grilling, roughly chop the **cucumber** and **tomato**. In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add the **cucumber** and **tomato**. Toss to combine.



## Finish the filling

Reduce the heat to medium, then stir in a pinch of **sugar**, a splash of **water** and 1/2 the **enchilada sauce** (1/4 packet for 2 people / 1/2 packet for 4 people). Simmer until slightly reduced, **1-2 minutes**. Season to taste.



## Serve up

Divide the cheesy lentil enchiladas between plates. Top with the tomato salsa. Serve with the **plant-based coconut yoghurt**.

## Enjoy!

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