



Black Bean Chipotle Enchiladas

with Smashed Avocado, Sticky Wedges and Zesty Salad

Veggie Street Food 40-50 Minutes • Medium Spice • 4 of your 5 a day • Veggie

36



Potatoes



Black Beans



Mature Cheddar Cheese



Garlic Clove



Baby Gem Lettuce



Baby Plum Tomatoes



Lime



Tomato Passata



Chipotle Paste



Vegetable Stock Paste



Plain Taco Tortillas



Smashed Avocado

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar, Honey

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, sieve, bowl, grater, garlic press, bowl, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese**	120g	180g	240g
7) Garlic Clove**	2	3	4
Baby Gem Lettuce**	1	1½	2
Baby Plum Tomatoes	125g	190g	250g
Lime**	1	1½	2
Tomato Passata	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Vegetable Stock Paste	10g	15g	20g
Plain Taco Tortillas 13)	6	9	12
Smashed Avocado**	1 pot	1½ pots	2 pots
Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	835g	100g
Energy (kJ/kcal)	4491/1073	538/129
Fat (g)	42.0	5.0
Sat. Fat (g)	18.3	2.2
Carbohydrate (g)	130.6	15.6
Sugars (g)	21.8	2.6
Protein (g)	40.1	4.8
Salt (g)	4.54	0.54

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Bake the Enchiladas

Lay the **tortillas** on a board (3 per person), spoon the **bean filling** down the centre of each, then roll them up to enclose the **filling**.

Drizzle a little **oil** over the bottom of an ovenproof dish, then lay in the wraps. Pack them snugly, side by side, with the folded edge underneath so they don't unroll. Top with the **cheese**.

Bake on the middle shelf of your oven until golden, 8-10 mins.



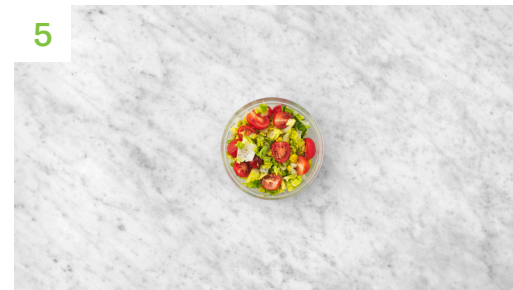
Do the Prep

Meanwhile, drain and rinse the **black beans** in a sieve. Pop half of them into a medium bowl and roughly mash with the back of a fork.

Grate the **cheese**. Peel and grate the **garlic** (or use a garlic press).

Trim the **baby gem**, separate the leaves, then tear into bite-sized pieces. Halve the **baby plum tomatoes**. Cut the **lime** into wedges.

In a large bowl, combine **half** the **lime juice** with the **olive oil for the dressing**. Season with **salt** and **pepper**. Stir in the **tomatoes** and set aside.



Finishing Touches

When the **wedges** have 5 mins left, remove the tray from the oven. Drizzle with the **honey** (see pantry for amount). Toss to coat, then roast for the remaining time.

Add the **lettuce** to the bowl with the **tomatoes**. Stir to evenly coat in the **dressing**.



Make your Bean Filling

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **garlic** and cook, 30 secs.

Add the **black beans** (both whole and mashed), **passata**, **chipotle**, **vegetable stock paste** and sugar for the **sauce** (see pantry for amount). Taste and season with **salt** and **pepper** if needed.

Stir to combine and bring to the boil. Simmer until thickened, 2-3 mins.



Serve Up

When everything's ready, share the **enchiladas** between your plates. Top with a dollop of **smashed avocado**.

Serve the **wedges** and **tomato salad** on the side.

Serve any remaining **lime wedges** alongside for squeezing over.

Enjoy!