



CRISPY BEEF ENCHILADAS

with Zesty Tomato Salad



HELLO KIDNEY BEANS

This beans is named for its visual resemblance in shape and colour to a kidney.



Beef Mince



Red Pepper



Central American
Style Spice Mix



Finely Chopped Tomatoes
with Garlic & Onion



Beef Stock Powder



Kidney Beans



Cheddar Cheese



Lime



Premium Tomato Mix



Whole Wheat Soft Tortillas

MEAL BAG

Hands on: **25 mins**
Total: **40 mins**

Family Box

3 of your
5 a day

Little heat

Patrick's been trying out a few new Mexican dishes in the Fresh Kitchen of late and the main technique in tonight's dinner has become a favourite. By mashing up the kidney beans instead of adding them whole, you suddenly add a rich, creamy texture to sauces... arriba!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Frying Pan, Measuring Jug, Sieve, Coarse Grater, Fine Grater, Ovenproof Dish** and some **Baking Paper**. Now, let's get cooking!



1 FRY THE BEEF

Preheat your oven to 220°C. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **beef mince** and cook until browned, breaking it up with a spoon as it cooks, 4-6 mins. Meanwhile, halve the **red pepper** and discard the core and seeds then chop into 1cm pieces. Once the **beef** is browned, stir in the **pepper** and cook until softened, 2-3 mins more.



4 ENCHILADAS ASSEMBLE

Season the **beef mixture** to taste with **salt** and **pepper**. Lay the **tortillas** on a board (2 per person), if your kids don't like **kidney beans**, spoon **half** the **mixture** down the centre of their **tortillas** now and roll them into cylinders. Then stir the **kidney beans** into the remaining **beef mixture**, spoon the **mixture** down the centre of the adult's **tortillas** and roll. ★ **TIP:** Careful not to overfill your tortillas!



2 SIMMER THE SAUCE

Stir the **central American style spice mix** into the **beef**, cook for 1 minute (add less if you don't like heat). Add the **finely chopped tomatoes, stock powder** and **water** (see ingredients for amount). Stir to dissolve the **stock powder**, bring to a simmer, reduce the heat to medium and cook until thickened, 10 mins. Stir every few mins. Add a splash of **water** if it gets dry. ⚠ **IMPORTANT:** The beef mince is cooked when it is no longer pink in the middle.



5 BAKE THE ENCHILADAS

Line an ovenproof dish with baking paper, drizzle in a little **oil**, then lay in the **enchiladas** seam-side down. Pack them in snugly. Sprinkle the **cheddar** on top and bake on the top shelf of your oven until golden, 12-15 mins. In a small bowl, mix the **lime juice** and zest with the **olive oil** (see ingredients for amount) and some **salt** and **pepper**. This is your **dressing**.



3 GET PREPPED

Meanwhile, drain and rinse the **kidney beans** in a sieve. If your kids like **kidney beans**, add them in to the **beef mixture** now (if not we'll add them later for the adults). Grate the **cheese**. Zest and halve the **lime**. Halve the **cherry tomatoes** and pop into a large bowl.



6 FINISH AND SERVE

When ready, carefully lift the **enchiladas** out of the tray and serve on plates with the **tomato salad** on the side. Drizzle the **dressing** onto anyone's **salad** that wants it. **Enjoy!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Beef Mince *	240g	360g	480g
Red Pepper *	½	1	1
Central American Style Spice Mix	1 small pot	1½ small pots	2 small pots
Finely Chopped Tomatoes with Garlic & Onion	½ carton	1 carton	1 carton
Water*	40ml	50ml	75ml
Beef Stock Powder	½ sachet	1 sachet	1 sachet
Kidney Beans	½ carton	1 carton	1 carton
Cheddar Cheese 7) *	2 small blocks	3 small blocks	4 small blocks
Lime *	½	¾	1
Premium Tomato Mix	1 punnet	2 punnets	2 punnets
Whole Wheat Soft Tortillas 13)	4	6	8
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 509G	PER 100G
Energy (kJ/kcal)	3205 / 766	629 / 150
Fat (g)	37	7
Sat. Fat (g)	15	3
Carbohydrate (g)	55	11
Sugars (g)	11	2
Protein (g)	46	9
Salt (g)	3.85	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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