



MEXICAN BEEF ENCHILADAS

with Wedges and Roasted Pepper



XXX

xxx



Potato



Red Pepper



Beef Mince Steak



Coriander



Mixed Beans



Mexican Spice



Finely Chopped Tomatoes



Whole Wheat Soft Tortillas



Mature Cheddar Cheese

Enchiladas are traditional in Mexican cuisine and their appearance varies according to the region in which they're made. Filled with beef mince, mixed beans and fresh coriander, baked until bubbling and golden, and served with roasted peppers and chunky potato wedges, this Mexican classic is a winning dish for weeknight dinners.

35 mins

5 of your 5 a day

Medium heat

MEAL BAG



BEFORE YOU START

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



1 ROAST THE WEDGES

Preheat your oven to 220°C. Chop the **potato** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large lined baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss together, spread out in a single layer and roast on the top shelf of your oven until golden and crispy, 30-35 mins. Turn halfway through cooking.



2 CHOP THE PEPPER

Meanwhile, halve the **red pepper** and remove the core and seeds. Slice into thin strips. When the **wedges** are halfway through cooking, remove the tray from the oven, give them a shake then spread the **pepper** on top. Return the tray to the oven to roast for the remainder of the cooking time until the **pepper** is soft and slightly charred.



3 START THE BEEF

While the wedges and pepper cook, heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **beef mince** and cook until browned, breaking it up with a wooden spoon as it cooks, 4-5 mins. While the beef browns, roughly chop the **coriander** (stalks and all). Drain and rinse the **mixed beans** in a sieve.



4 SIMMER THE BEEF

Lower the heat to medium and add the **Mexican spice** to the **beef** (add less if you don't like things too spicy!). Cook, stirring, for 1 minute, then pour in the **chopped tomatoes** and **mixed beans**. Stir together and simmer gently until the **sauce** is thick and tomatoey, 5-7 mins. **! IMPORTANT:** *The beef is cooked when it is no longer pink in the middle.* Once cooked, stir through **half** the chopped **coriander** and remove from the heat. Season to taste with **salt** and **pepper**.



5 ROLL AND BAKE

Divide the **beef mixture** between the middle of each **tortilla** (two per person). Roll up the **tortillas**, place them in a lightly oiled ovenproof dish seam-side down. Grate the **cheddar cheese** over the top. Switch the **wedges** to the middle shelf and bake your **enchiladas** on the top shelf of your oven until golden brown, 10 mins.



6 SERVE

Serve the **wedges** and **roasted pepper** alongside the **enchiladas**. Sprinkle with the remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 pack	1 pack	2 packs
Red Pepper *	1	2	2
Beef Mince Steak *	250g	375g	500g
Coriander *	1 bunch	1 bunch	1 bunch
Mixed Beans	1 carton	1 1/2 cartons	2 cartons
Mexican Spice	1 small pot	3/4 large pot	1 large pot
Finely Chopped Tomatoes	1 carton	1 1/2 cartons	2 cartons
Whole Wheat Soft Tortillas 13)	4	6	8
Mature Cheddar Cheese 7) *	1 block	1 1/2 blocks	2 blocks

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 768G	PER 100G
Energy (kJ/kcal)	3117 / 745	406 / 97
Fat (g)	16	2
Sat. Fat (g)	6	1
Carbohydrate (g)	106	14
Sugars (g)	15	2
Protein (g)	38	5
Salt (g)	3.19	0.42

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?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

HelloFRESH