



Cheesy Chorizo Enchiladas

with Black Beans and a Zingy Salad

FAMILY 40 Minutes • 3.5 of your 5 a day • Medium Heat

N° 11



Onion



Green Pepper



Black Beans



Lime



Chorizo



Tomato Purée



Mexican Spice



Whole Wheat Soft Tortillas



Crème Fraîche



Cheddar Cheese



Honey



Cucumber



Baby Gem

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Colander, Fine Grater, Frying Pan (with a Lid), Measuring Jug, Potato Masher, Ovenproof Dish, and Coarse Grater.

2 | 3 | 4 People-Ingredients

	2P	3P	4P
Onion	1	1	2
Green Pepper	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Lime	1	1	1
Chorizo	60g	90g	120g
Tomato Purée	1 sachet	1½ sachets	2 sachets
Mexican Spice	½ pot	¾ pot	1 pot
Water for the Beans*	120ml	200ml	250ml
Whole Wheat Soft Tortillas 13	4	6	8
Crème Fraîche 7	100g	150g	200g
Cheddar Cheese 7	2 blocks	3 blocks	4 blocks
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Cucumber	½	¾	1
Baby Gem Lettuce	1	1½	2

*Not Included

Nutrition

	Per serving	Per 100g
For uncooked ingredients	646g	100g
Energy (kJ/kcal)	3665 / 822	567 / 136
Fat (g)	46	7
Sat. Fat (g)	23	4
Carbohydrate (g)	70	11
Sugars (g)	19	3
Protein (g)	36	6
Salt (g)	4.80	0.74

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.

Contact

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1. Do the Prep

Preheat your oven to 220°C. Halve, peel and thinly slice the **onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Drain and rinse the **black beans** in a colander. Zest and halve the **lime**.



4. Bake the Tortillas

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 downwards so they don't unroll. Spoon the **crème fraîche** over the top in dollops and spread out evenly. Grate over the **cheddar cheese**, then bake on the top shelf of your oven until golden brown, 15-18 mins.



2. Make the Filling

Heat a glug of oil in a frying pan on medium-high heat. Add the **chorizo** and fry for 3-4 mins. Remove the **chorizo** from the pan and set aside. Add the **onion** and **pepper** to the **chorizo oil** in the pan. Cook until soft, 5 mins. Stir in the **tomato purée** and **Mexican spice** (use less if you don't like spice). Cook for 1 minute more. Add the **black beans**, **chorizo**, **water** (see ingredients for amount) and pop on a lid. Reduce the heat to medium and cook for 5 mins.



5. Prepare the Dressing

Meanwhile, squeeze the **lime juice** into a large bowl. Add the **honey** and **olive oil** (see ingredients for amount). Season with **salt** and **pepper**. Whisk together with a fork - **dressing** made! Halve the **cucumber**, scrape out the seeds with a teaspoon and discard, then chop the flesh into small chunks. Trim the root from the **baby gem lettuce** then half lengthways. Thinly slice widthways.



3. Mash the Beans

Once the 5 mins is up, remove the lid from your pan. Simmer until the **liquid** has almost evaporated, 3-4 mins, then remove from the heat. Roughly mash the **mixture** with a potato masher to break up the **beans** slightly. Stir in the **lime zest**. Taste and season with **salt** and **pepper** if needed. Lay the **tortillas** on a board (two per person), spoon the **mixture** down the centre of each then roll them up to enclose the **filling**.



6. Finish and Serve

When the **enchiladas** are cooked, remove from the oven and leave to cool slightly for 2 mins. Toss the **baby gem** and **cucumber** in the **dressing**. Serve the **chorizo enchiladas** on plates with the **salad** alongside.

Enjoy!