



# Cheese & Chorizo Loaded Chilli Beef Enchilladas

with Fresh Guacamole, Crispy Wedges and Limey Soured Cream

N° 18

**STREET FOOD** 45 Minutes • Little Heat • 2.5 of your 5 a day



Potato



Red Pepper



Coriander



Red Chilli



Garlic Clove



Red Kidney Beans



Beef Mince



Mexican Spice



Tomato Puree



Red Wine Stock Pot



Cheddar Cheese



Diced Chorizo



Plain Flour



Soured Cream



Wholewheat Tortilla



Avocado



Lime



## Before you start

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

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Colander, Mixing Bowl, Large Baking Tray, Measuring Jug, Coarse Grater, Saucepan and Ovenproof Dish

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Red Pepper**	1	1½	2
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	1	1	1
Garlic Clove**	2 cloves	3 cloves	4 cloves
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Beef Mince**	240g	360g	480g
Mexican Spice	1 small pot	¾ large pot	1 large pot
Tomato Puree	1 sachet	2 sachets	2 sachets
Water for the Beef*	150ml	225ml	300ml
Red Wine Stock Pot 14)	1 pot	1½ pots	2 pots
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
Diced Chorizo 7)**	60g	90g	120g
Plain Flour 13)**	24g	36g	48g
Water for the Cheese Sauce*	200ml	300ml	400ml
Soured Cream 7)**	150g	225g	300g
Wholewheat Tortilla 13)	4	6	8
Avocado**	1	1½	2
Lime**	1	1	1

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	929g	100g
Energy (kJ/kcal)	5943 /1421	640 /153
Fat (g)	77	8
Sat. Fat (g)	32	3
Carbohydrate (g)	112	12
Sugars (g)	13	1
Protein (g)	66	7
Salt (g)	6.71	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.



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## 1. Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Halve the **pepper** and discard the core and seeds. Thinly slice and chop into 1cm pieces. Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed then finely chop. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a colander and pop **half** of them in a bowl. Mash with a fork until broken up. Add the **whole beans** to the bowl, set aside.



## 4. Make the Cheese Sauce

Meanwhile, grate the **cheese**. Heat a drizzle of **oil** in a saucepan on medium high heat. Once hot, add the **chorizo** and fry until golden, 3-4 mins. Stir in the **flour** and cook until it forms a **paste** consistency, 1-2 mins. You've made a **roux**! Gradually, stir in the **water** (see ingredients for amount) and bring to the boil - it will thicken into a thick paste like **sauce**, 1-2 mins. Stir in the **cheddar**, **chilli** (add less if you don't like heat), **half** the **coriander** and **half** the **soured cream**. Remove from the heat.



## 2. Wedge Time!

Meanwhile, pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **pepper**. Stir fry until starting to colour, 3-4 mins.



## 5. Bake!

Taste and season the **beef** with **salt** and **pepper** if needed. Lay the **tortillas** on a board (2 per person), spoon the **beef mixture** down the centre of each then roll them up to enclose the **filling**. Drizzle a little **oil** over the bottom of an ovenproof dish, lay in the **wraps**. Pack them snugly, side by side, with the folded edge underneath so they don't unroll. Spoon the **cheese sauce** over the top in dollops, spread out evenly. Bake on the top shelf of your oven until golden, 8-10 mins (move the wedges to the bottom shelf).



## 3. Finish the Beef

Once the **pepper** has coloured, add the **beef mince** to the pan, season with **salt** and **pepper**. Cook until browned, 5-6 mins. **IMPORTANT:** The **mince** is cooked when it is no longer pink in the middle. Use a wooden spoon to break it up as it cooks. Once browned, stir in the **Mexican spice**, **garlic** and **tomato puree** and cook for 1 minute. Pour in the **water** (see ingredients for amount), **kidney beans** (whole and mashed) and the **red wine stock pot**. Stir to dissolve the **stock pot**, bring to the boil and simmer until the **mixture** is nice and thick, 10-12 mins, stirring occasionally.



## 6. Finish up!

Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh into a bowl and mash with a fork. Zest and halve the **lime**. Squeeze **half** the **lime juice** into the bowl with the **avo**, season with **salt** and **pepper** and mix well. Stir the **lime zest** into the remaining **soured cream** and stir together. Serve the **enchiladas** with the **wedges** on the side, dollops of **guac** and **soured cream** and the remaining **coriander**. Cut any remaining **lime** into **wedges** to serve alongside.

Enjoy!

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.