



CRISPY CHEESE ENCHILADAS

with Zesty Salad and Sour Cream



HELLO KIDNEY BEANS

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



Beef Mince



Red Pepper



Central American Spice Mix



Finely Chopped Tomatoes with Garlic & Onion



Beef Stock Powder



Kidney Beans



Cheddar Cheese



Lime



Cherry Plum Tomatoes



Cucumber



Whole Wheat Soft Tortillas



Soured Cream

MEAL BAG

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

Family Box

3 of your
5 a day

Cook within **3**
Days of Delivery

Little heat

Searching for a recipe the whole family will love? Look no further. Enchiladas are a classic Mexican recipe and come in a number of different varieties. We've filled ours with a tomatoey beef and spiced kidney bean mix. If your kids are fussy about beans you can add them in at the end for the adults or mash them up! Topped with cheese and baked until bubbling and golden, this is a tex-mex classic at its very best!

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, Mixing Bowl, Ovenproof Dish** and **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 and core the **red pepper**, then chop into 1cm pieces. Once the **beef** is browned, stir in the **pepper** and cook until softened, 2-3 mins more.



2 SIMMER THE SAUCE

Stir the **central American spice mix** into the **beef**, cook for 1 minute (add less if the family don't like any 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.



3 GET PREPPED

In the meantime, drain and rinse the **kidney beans**. 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 plum tomatoes**. Trim the ends from the **cucumber**, quarter lengthways and chop the into 1cm chunks. Put the **tomatoes** and **cucumber** in a mixing bowl.



4 ENCHILADAS ASSEMBLE!

Season the **beef** 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!



5 BAKE THE ENCHILADAS

Line an ovenproof dish with baking paper, drizzle in a little **oil**, then lay in the **tortillas** 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 **soured cream** with the **lime zest**. In another small bowl, mix the **lime juice** with the **olive oil** (see ingredients for amount) and some **salt** and **pepper**, this is your dressing.



6 FINISH AND SERVE

Once cooked, carefully lift the **enchiladas** out of the tray and serve with a dollop of **zesty cream** if desired and serve the **salad** on the side. Dress anyone's **salad** that wants it. **Enjoy!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Beef Mince *	250g	375g	500g
Red Pepper *	½	1	1
Central American 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 blocks	3 blocks	4 blocks
Lime *	½	¾	1
Cherry Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Cucumber *	½	¾	1
Whole Wheat Soft Tortillas 13)	4	6	8
Soured Cream 7) *	½ pouch	1 pouch	1 pouch
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included

* Store in the fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 677G	PER 100G
Energy (kcal)	896	132
(kJ)	3747	553
Fat (g)	48	7
Sat. Fat (g)	21	3
Carbohydrate (g)	59	9
Sugars (g)	15	2
Protein (g)	50	7
Salt (g)	4.11	0.61

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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HelloFresh UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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BEFORE YOU EAT

These enchilladas look amazing. Before you take a bite, find an angle, pick a filter and share your delicious dish. #HelloFreshSnaps. Now enjoy!