



# EASY BEEF ENCHILADAS

with Baby Gem Salad and Zesty Sour Cream



## HELLO COOKBOOK

Our brand NEW cookbook 'Recipes That Work' is available to buy now on Amazon!



Beef Mince



Onion



Kidney Beans



Fajita Seasoning



Tomato Passata



Baby Gem Lettuce



Vine Tomato



Whole Wheat Soft Tortilla



Cheddar Cheese



Sour Cream



Lime

MEAL BAG



45 mins



4.5 of your  
5 a day



Medium heat

A recipe for enchiladas appeared in Mexico's first ever cookbook, which was published way back in 1831! This is our version of the traditional favourite. Mashing up the beans gives a creamy consistency that we think you'll love. Arriba!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan**, **Colander**, two **Mixing Bowls**, a **Potato Masher**, **Ovenproof Dish**, **Coarse Grater** and **Fine Grater**. Now, let's get cooking!



### 1 BROWN THE BEEF

Preheat your oven to 220°C. Heat a splash of **oil** in a frying pan on medium-high heat. Once hot, add the **beef mince**. Cook until well browned, stirring to break it up, 5-6 mins.



### 2 FRY THE ONION

Meanwhile, halve, peel and thinly slice the **onion** into half moons. Add to the pan with the browned **beef**. Stir and cook until soft, 6 more mins. Drain and thoroughly rinse the **kidney beans** in a colander. Put them in a mixing bowl and mash with a potato masher or fork. Once the **onion** is soft, add the **fajita seasoning**. Cook for 1 minute more. ★ **TIP:** Some like it hot, but if you're not one of them, just use a bit less spice.



### 3 COOK THE BEANS

Add the **beans** to your pan along with the **tomato passata** and a pinch of **salt**. Refill the passata carton(s) **one-fifth** with **water**, swirl it around and add this too. Let the **mixture** simmer gently on low heat until it has reduced by half and is lovely and thick, 12-15 mins. Meanwhile, roughly slice the **baby gem lettuce** and chop the **vine tomato** into 2cm chunks.



### 4 BAKE THE ENCHILADAS

Once the **beef mixture** is thick, take it off the heat. Spoon equal amounts down one side of each **tortilla**. Roll the **tortillas** up into cylinders and place them in an ovenproof dish. Pack them snugly, side by side, with the folded edge downwards so they don't unroll. Grate over the **cheddar cheese**. Place on the top shelf of your oven and bake until the **cheese** melts, 3-4 mins.



### 5 MAKE THE ZESTY CREAM

Whilst the **enchiladas** are in your oven, pop the **sour cream** in a small bowl. Grate in the **lime zest** and add a few good grinds of **pepper**. Mix well.



### 6 FINISH AND SERVE

In another mixing bowl, toss the **baby gem lettuce** and **tomato** with a squeeze of **lime juice** and the **olive oil** (see ingredients for amount). Season with a pinch of **salt** and **pepper**. Serve the **enchiladas** with a dollop of **zesty sour cream** and the **salad** on the side. **Devour immediately!**

## 2 PEOPLE INGREDIENTS

Beef Mince	250g
Onion, sliced	1
Kidney Beans	½ tin
Fajita Seasoning	1 tbsp
Tomato Passata	1 carton
Baby Gem Lettuce, sliced	1
Vine Tomato, chopped	2
Whole Wheat Soft Tortilla <sup>13</sup>	4
Cheddar Cheese, grated <sup>7</sup>	60g
Sour Cream <sup>7</sup>	1 pouch
Lime	½
Olive Oil*	1 tbsp

\*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 706G	PER 100G
Energy (kcal)	887	126
(kJ)	3711	525
Fat (g)	45	6
Sat. Fat (g)	22	3
Carbohydrate (g)	65	9
Sugars (g)	16	2
Protein (g)	49	7
Salt (g)	4.35	0.62

### ALLERGENS

<sup>7</sup> Milk <sup>13</sup> Gluten

**Fajita Seasoning:** Cumin, Paprika, Sea Salt, Black Peppercorns, Roasted Garlic, Roasted Red Chillies, Onion Powder, Cayenne, Thyme, Allspice, Oregano.

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

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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