



EASY BEEF ENCHILADAS

with Baby Gem Salad and Zesty Sour Cream



HELLO TORTILLA

This flatbread's name comes from the Spanish word 'torta' which means round cake.



Beef Mince



Onion



Kidney Beans



Fajita Seasoning



Tomato Passata



Baby Gem Lettuce



Vine Tomato



Whole Wheat Soft Tortilla



Cheddar Cheese



Sour Cream



Lime



Olive Oil

45 mins

Family Box

4.5 of your 5 a day

Little Heat

It might be grey outside but tonight you're bringing a little bit of the Mexican sunshine to your kitchen... 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 and wrapped it in soft golden whole wheat tortillas. Topped with cheddar 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 **Frying Pan**, **Colander**, two **Mixing Bowls**, **Potato Masher**, an **Ovenproof Dish**, **Coarse Grater** and **Fine Grater**. Now, let's get cooking!



1 BROWN THE BEEF

Preheat your oven to 220°C. Put a splash of **oil** in a frying pan on medium-high heat. Once hot, add the **beef mince**. Cook until well browned, 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**. Cook until soft, 6 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. Meanwhile, roughly slice the **baby gem lettuce** and chop the **vine tomato**.



4 BAKE THE ENCHILADAS

Once the **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, 5 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 **black 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** (amount specified in the ingredient list). Season with a pinch of **salt** and a few good grinds of **black 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 ¹⁾	4
Cheddar Cheese, grated ⁷⁾	60g
Sour Cream ⁷⁾	1 pot
Lime	½
Olive Oil*	1 tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	863	121
(kJ)	3618	508
Fat (g)	44	6
Sat. Fat (g)	19	3
Carbohydrate (g)	61	9
Sugars (g)	17	2
Protein (g)	52	7
Salt (g)	3.67	0.51

ALLERGENS

¹⁾Gluten ⁷⁾Milk

👍 THUMBS UP OR THUMBS DOWN?

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