



CHORIZO ENCHILADAS

with Black Beans and a Cheesy Topping



HELLO TORTILLA

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



Onion



Green Pepper



Chorizo Stick



Black Beans



Flat Leaf Parsley



Lime



Tomato Purée



Fajita Seasoning



Water



Whole Wheat Soft Tortillas



Crème Fraîche



Cheddar Cheese



Honey



Olive Oil



Cucumber



Baby Leaf Salad Mix

40 mins

4.5 of your 5 a day

Medium Heat

Mexican food is recognised by UNESCO as an 'Intangible Cultural Heritage of Humanity'. We're not entirely sure what that means but we're in favour of anything that gives props to things that are delicious. And Mexican food is undeniably delicious. Like this enchilada recipe which is bursting with black beans and chorizo. Buen provecho!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Colander**, **Fine Grater**, **Frying Pan** (with a **Lid**), **Measuring Jug**, **Potato Masher**, **Ovenproof Dish**, **Coarse Grater** and **Large Bowl**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 220°C. Halve, peel and thinly slice the **onion** into half moons. Halve, then remove the core from the **green pepper** and thinly slice. Cut the **chorizo stick** in half lengthways, remove the skin and slice into ½cm wide half moons. Drain and rinse the **black beans** in a colander. Finely chop the **parsley** (stalks and all). Grate the **lime zest**.



2 MAKE THE FILLING

Put a drizzle of **oil** in a frying pan on medium-high heat. Add the **chorizo** and cook until crispy, 5 mins. Remove from the pan and set aside. Add the **onion** and **pepper** to the pan. Cook until soft, 5 mins. Stir in the **tomato purée** and **fajita seasoning**, cook for 1 minute more, then add the **black beans** and **chorizo**. Pour in the **water** (amount specified in the ingredient list) and pop on a lid. Turn the heat to medium and cook for 5 mins.



3 MASH THE BEANS

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. Stir in the **parsley** and **lime zest**. Taste and season with **salt** and **black pepper** if needed. Lay the **tortillas** on a board (two per person), spoon the **mixture** down the centre of each then roll them up into cylinders.



4 BAKE THE TORTILLAS

Drizzle a little **oil** over the bottom of an ovenproof dish, then lay in the **tortillas**. Pack them snugly, side by side, with the folded edge downwards so they don't unroll. Spoon the **crème fraîche** over the top and spread out evenly. Grate the **cheddar cheese** on top, then bake on the top shelf of your oven until golden brown, 15-18 mins.



5 MAKE THE SALAD

Meanwhile, squeeze the **lime juice** into a large bowl. Add the **honey** and **olive oil** (amount specified in ingredient list). Season with **salt** and **black pepper**. Whisk together with a fork and your **dressing** is made! Halve the **cucumber**, scrape out the seeds with a teaspoon and chop into 1cm chunks.



6 FINISH AND SERVE

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

2 PEOPLE INGREDIENTS

Onion, sliced	1
Green Pepper, sliced	1
Chorizo Stick, sliced	1
Black Beans	1 tin
Flat Leaf Parsley, chopped	1 bunch
Lime	1
Tomato Purée	30g
Fajita Seasoning	¾ tsp
Water*	125ml
Whole Wheat Soft Tortillas 1)	4
Crème Fraîche 7)	1 small pot
Cheddar Cheese, grated 7)	60g
Honey	1 tbsps
Olive Oil*	1 tbsps
Cucumber, chopped	1
Baby Leaf Salad Mix	1 bag

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	860	131
(kJ)	3596	546
Fat (g)	51	8
Sat. Fat (g)	23	3
Carbohydrate (g)	62	9
Sugars (g)	20	3
Protein (g)	34	5
Salt (g)	3.94	0.60

ALLERGENS

1)Gluten 7)Milk

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. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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