



# Mexican Beef Enchiladas with Roast Peppers and Wedges

**Family** Hands On Time: 15 Minutes • Total Time: 35 Minutes • Medium Spice • 1.5 of your 5 a day

8



Potato



Bell Pepper



Beef Mince



Coriander



Mixed Beans



Mexican Spice



Finely Chopped  
Tomatoes



Wholewheat  
Soft Tortillas



Cheddar Cheese



## Before you start

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

## Cooking tools, you will need:

Baking Tray, Frying Pan, Sieve, Ovenproof Dish and Coarse Grater.

## Ingredients

	2P	3P	4P
Potato**	3	4	6
Bell Pepper***	1	2	2
Beef Mince**	240g	360g	480g
Coriander**	1 bunch	1 bunch	1 bunch
Mixed Beans	1 carton	1½ cartons	2 cartons
Mexican Spice	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Wholewheat Soft Tortillas <b>13</b> )	4	6	8
Cheddar Cheese <b>7</b> )**	30g	45g	60g

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

\*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	916g	100g
Energy (kJ/kcal)	3989 /954	435 /104
Fat (g)	29	3
Sat. Fat (g)	11	1
Carbohydrate (g)	116	13
Sugars (g)	15	2
Protein (g)	51	6
Salt (g)	3.06	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7)** Milk **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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 You can recycle me!



## Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** on a low sided wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf of your oven until golden, 30-35 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## Chop the Pepper

Meanwhile, halve the **pepper** and remove the core and seeds. Slice into thin strips. When the **potatoes** are halfway through cooking, turn them and add the **peppers** to the tray. Return to the oven to roast until the **peppers** are soft and slightly charred, for the remainder of the potato cooking time



## Start the Beef

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **beef mince**, season with **salt** and **pepper** and cook until browned, breaking it up with a wooden spoon, 4-5 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle. **TIP:** Drain any excess fat from the pan. While the **mince** browns, roughly chop the **coriander** (stalks and all). Drain and rinse the **mixed beans** in a sieve.



## Simmer the Beef

Lower the heat to medium and add the **Mexican spice** to the **beef** (add less if you don't like things too spicy). Cook, stirring, for a minute, then pour in the **chopped tomatoes** and **mixed beans**. Season with **salt** and **pepper** and add the **sugar** (see ingredients for amount), stir together and simmer gently until the sauce is thick and tomatoey, 5-7 mins. Once cooked, stir through **half** the **chopped coriander** and remove from the heat. Season to taste with **salt** and **pepper**.



## Roll and Bake

Divide the **mince mixture** between the middle of each **tortilla** (two per person). Roll up the **tortillas** and place them in a lightly oiled ovenproof dish seam side down. Grate the **Cheddar cheese** over the top. Switch the **potatoes** to the middle shelf and bake your **enchiladas** on the top shelf of your oven until golden brown, 10-12 mins.



## Serve

Serve the **wedges** and **roasted peppers** alongside the **enchiladas**. Sprinkle with the remaining **coriander**.

## 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.