



# Mexican Style Beef Enchiladas with Roasted Peppers and Wedges

**Classic** 45 Minutes • Mild Spice • 2 of your 5 a day

2



Potatoes



Bell Pepper



Onion



Garlic Clove



Beef Mince



Red Kidney Beans



Mexican Style  
Spice Mix



Finely Chopped  
Tomatoes



Super Soft Tortilla  
with Whole Wheat



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, Garlic Press, Sieve, Ovenproof Dish and Grater.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Bell Pepper***	1	2	2
Onion**	1	1	1
Garlic Clove**	1	2	2
Beef Mince**	240g	360g	480g
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Sugar*	1 tsp	1½ tsp	2 tsp
Super Soft Tortilla with Whole Wheat	4	6	8
Cheddar Cheese**	30g	45g	60g

**13)**  
\*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 908g	Per 100g 100g
for uncooked ingredient	4001 / 956	441 / 105
Energy (kJ/kcal)	32	4
Fat (g)	15	2
Sat. Fat (g)	112	12
Carbohydrate (g)	19	2
Sugars (g)	49	5
Protein (g)	2.52	0.28
Salt (g)		

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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1



## Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. Once your oven is hot, roast on the middle shelf until golden, 30-40 mins.

2



## 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 the tray to the oven to roast for the remainder of the **potato** cooking time until the **peppers** are soft and slightly charred.

3



## Fry the Beef

While the **veg** roasts, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **beef mince**, season with **salt** and **pepper** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Add the **onion** to the **beef**, stir together and cook until softened, 4-5 mins. Meanwhile, drain and rinse the **kidney beans** in a sieve.

4



## Simmer

Lower the heat to medium and add the **garlic** and **Mexican style spice mix** to the **beef** (add less **spice** if you don't like heat). Cook, stirring, for 1 min, then pour in the **chopped tomatoes** and **kidney beans**. Season with **salt** and **pepper** and add the **sugar** (see ingredients for amount). Stir together and simmer gently until the sauce is thick, 5-7 mins. Once cooked, remove from the heat and season to taste if needed.

5



## Roll and Bake

Lay the **tortillas** on a board (2 per person), spoon the **beef mixture** down the centre of each then roll them up to enclose the filling. Drizzle a little **oil** over the bottom of an ovenproof dish, lay in the **wraps**. Pack them snugly, side by side, with the folded edge underneath so they don't unroll. Grate the **cheese** over the top. Bake your **enchiladas** on the top shelf of your oven until golden brown, 10-12 mins.

6



## Serve

Plate up the **enchiladas** with the **wedges** and **roasted peppers** alongside.

## 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.