



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Quickfire Enchiladas with Homemade Citrus Guacamole

Patrick's been trying out a few new Mexican dishes in the Fresh Kitchen of late and the main technique in tonight's dinner has become a favourite. By mashing up most of the kidney beans instead of adding them whole, you suddenly add a rich, creamy texture to sauces. Keep a few whole ones back for texture too... Arriba!

45 mins

eat within 3 days

veggie

4 of your 5 a day

spicy



Onion (1)



Yellow Pepper (½)



Mexican Spice (½ tsp)



Kidney Beans (1 tin)



Water (70ml)



Coriander (½ bunch)



Baby Gem Lettuce (1)



Cherry Tomatoes (1 punnet)



Avocado (1)



Lime (½)



Sour Cream (3 tbsp)



Wholemeal Tortilla (4)



Cheddar Cheese (20g)

2 PEOPLE INGREDIENTS

- Onion, sliced
- Yellow Pepper, chopped
- Mexican Spice
- Kidney Beans
- Water
- Coriander, chopped
- Baby Gem Lettuce, chopped

- 1
- ½
- ½ tsp
- 1 tin
- 70ml
- ½ bunch
- 1 punnet
- 1
- ½
- 3 tbsp
- 4
- 20g

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	889 kcal / 3726 kJ	37 g	10 g	95 g	15 g	33 g	3 g
Per 100g	119 kcal / 500 kJ	5 g	1 g	13 g	2 g	4 g	0 g

🌱 Our fruit and veggies may need a little wash before cooking!

Did you know...

Kidney beans are one of the richest sources of plant-based proteins.

1



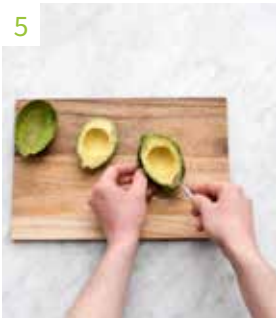
1 Peel the **onion** and cut in half lengthways through the root, then very thinly slice widthways into half moon shapes. Chop the **yellow pepper** into 1cm chunks. Heat a splash of **olive oil** on medium-low heat in a frying pan and cook your **onion** and **pepper** for around 6 mins, then add the **Mexican spice**.

2



2 Whilst your **onion** and **pepper** cook, pour three-quarters of the **kidney beans**, (still in their sauce) into a bowl and mash them thoroughly using a masher (or a fork). **Tip:** *It might look a bit crazy but trust us it'll taste amazing!* Drain and rinse your remaining **kidney beans**.

5



3 Once your **onion** and **pepper** have softened, stir in your **mashed beans**. Add the **water** (amount stated in the ingredient list) and the remaining (whole) **kidney beans** to the pan.

4 Pre-heat your oven to 200 degrees. Let your **bean mixture** bubble away gently on low heat and allow to thicken. Meanwhile, roughly chop the **coriander** and **baby gem lettuce**. Cut the **cherry tomatoes** in half.

5 Slice the **avocado** in half lengthways and remove the stone. Scoop the **avocado flesh** out using a spoon and then mash it thoroughly with a fork. Mix in some **lime juice**, a bit of **lime zest** and the **sour cream**. Season with a little pinch of **salt** and **pepper**. This is your guacamole!

6



6 Once your **bean mixture** has thickened, take it off the heat and stir through most, but not all, of your **coriander**. Divide your **bean mixture** into equal portions and spoon it along one end of each **tortilla**. Roll them up, place in an ovenproof dish and grate the **cheese** over the top. Cook in your oven until your cheese melts.

7 Toss your **cherry tomatoes**, **lettuce** and your remaining **coriander** in a splash of **olive oil** (not too much or it'll become quite greasy) and season with some **salt** and **pepper**. Serve everything with your homemade **guacamole** and devour immediately!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!