



Mexican Black Bean & Capsicum Enchiladas

with Charred Corn Salsa & Sour Cream

Grab your Meal Kit with this symbol



Onion



Capsicum



Carrot



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Coriander



Cucumber



Tomato



Sour Cream

Prep in: 30-40 mins
Ready in: 35-45 mins

With beans, tortillas, Cheddar cheese and charred yet sweet salsa, this Mexican favourite is colourful, delicious and a heap of fun to make. Don't forget to dollop on the sour cream to really get the fiesta going!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
capsicum	1	2
carrot	1	2
sweetcorn	1 medium tin	1 large tin
black beans	1 packet	2 packets
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
enchilada sauce	1 medium packet	2 medium packets
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
coriander	1 packet	1 packet
cucumber	1 (medium)	1 (large)
tomato	1	2
white wine vinegar*	drizzle	drizzle
sour cream	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4033kJ (964Cal)	486kJ (116Cal)
Protein (g)	40.3g	4.9g
Fat, total (g)	32.3g	3.9g
- saturated (g)	17.1g	2.1g
Carbohydrate (g)	116.7g	14.1g
- sugars (g)	22g	2.7g
Sodium (mg)	2395mg	289mg
Dietary Fibre (g)	32.2g	3.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Finely chop **onion** (see ingredients). Slice **capsicum**. Grate **carrot**.
- Drain **sweetcorn**. Drain and rinse **black beans**.

4



Grill the enchiladas

- Preheat grill to medium-high.
- Drizzle a baking dish with **olive oil**. Lay **mini flour tortillas** on chopping board. Spoon **bean mixture** into the centre. Roll **tortilla** up tightly and place, seam-side down, in the baking dish.
- Repeat with remaining **tortillas** and **bean mixture**, ensuring they fit together snugly in the baking dish.
- Top **tortillas** with the remaining **enchilada sauce** and sprinkle with **shredded Cheddar cheese**. Grill **enchiladas** until cheese is golden, **5-8 minutes**.

2



Char the corn

- Heat a large frying pan over medium-high heat. Cook **sweetcorn**, tossing occasionally, until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

5



Make the salsa

- While the enchiladas are grilling, roughly chop **coriander**. Finely chop **cucumber** and **tomato**. Add **coriander**, **cucumber** and **tomato** to the remaining **charred corn**.
- Drizzle with **olive oil** and **white wine vinegar**. Season to taste and toss to coat. Set aside.

3

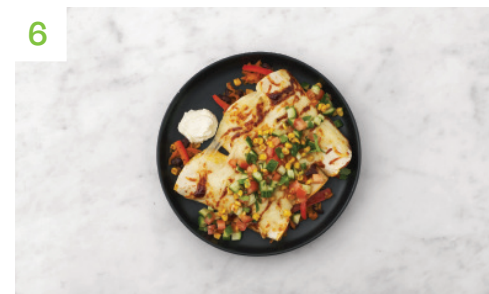


Make the filling

- Return the pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, **carrot** and **capsicum** until softened, **3-4 minutes**.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Add **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**.
- Add **black beans**, half the **charred corn** and half the **enchilada sauce**. Stir to combine, then remove pan from heat.

TIP: Add a splash of water if the filling looks dry.

6



Serve up

- Divide Mexican black bean and capsicum enchiladas between plates.
- Top with charred corn salsa and **sour cream** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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