



Beef Cheeseburger Enchiladas

with Caramelised Onion & Hidden Veggies

Grab your Meal Kit with this symbol



Garlic



Carrot



Celery



Red Onion



Sweetcorn



Beef Mince



All-American Spice Blend



Dijon Mustard



Crushed & Sieved Tomatoes



Mini Flour Tortillas



Shredded Cheddar Cheese



Sesame Seeds



Mayonnaise

 Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Go stateside tonight by adding All-American flavours to a beef filling for enchiladas with a touch of Dijon mustard, so when you close your eyes, it tastes just like a cheeseburger! Sneak some veggies into the mix, smother the lot with cheese, top it off with sticky caramelised onion and you're good to go. That's all, folks!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
celery	1 stalk	2 stalks
red onion	½	1
sweetcorn	½ tin	1 tin
beef mince	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
Dijon mustard	1 packet (15g)	2 packets (30g)
crushed & sieved tomatoes	½ tin	1 tin
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sesame seeds	1 sachet	1 sachet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
water*	½ tbs	1 tbs
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4382kJ (1047Cal)	711kJ (169Cal)
Protein (g)	49g	7.9g
Fat, total (g)	55.7g	9g
- saturated (g)	22g	3.6g
Carbohydrate (g)	62.1g	10.1g
- sugars (g)	19.9g	3.2g
Sodium (mg)	1878mg	305mg

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.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Grate the **carrot**. Thinly slice the **celery**. Thinly slice the **red onion** (see ingredients). Drain the **sweetcorn** (see ingredients).



Bake the enchiladas

Grease a baking dish with **olive oil**. Working with one at a time, lay a **mini flour tortilla** on a flat surface and spoon some of the **beef mixture** down the centre. Roll the tortilla up tightly and place, seam-side down, in the baking dish. Repeat with the remaining **tortillas** and **beef mixture**, ensuring they fit together snugly in the baking dish. Sprinkle over the **shredded Cheddar cheese** and **sesame seeds**. Bake until the cheese is melted and the tortillas have warmed through, **8-10 minutes**.



Brown the beef mince

Heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking it up with a spoon, until just browned, **4-5 minutes**. Add the **garlic** and **All-American spice blend** and cook, stirring, until fragrant, **1 minute**.



Caramelize the onion

While the enchiladas are baking, wash and dry the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **brown sugar** and the **water** and mix well. Cook until dark and sticky, **3-5 minutes**.



Add the veggies

Reduce the heat to medium-high. Add the **carrot**, **celery** and **sweetcorn** to the **beef** and cook, stirring, until softened, **3-4 minutes**. Add the **Dijon mustard** and **crushed & sieved tomatoes** (see ingredients) and stir to combine. Cook, stirring, until thickened slightly, **2-3 minutes**. Season to taste.



Serve up

Divide the cheeseburger enchiladas between plates. Top with the **mayonnaise** and caramelised onion to serve.

Enjoy!