



Cheesy Mexican Beef Enchiladas

with Charred Corn & Tomato Salsa

Grab your Meal Kit with this symbol



Sweetcorn



Brown Onion



Garlic



Beef Mince



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Spring Onion



Sour Cream

- Hands-on: **20-30 mins**
- Ready in: **35-45 mins**
- Spicy (Mexican Fiesta spice blend)

Enchiladas are one of our favourite Mexican dishes – the mildly spiced, aromatic flavours become extra special with some time in the oven where they can mix and mingle. Top the whole thing off with a corn salsa and some slightly tart sour cream and it's like a fiesta in your mouth!

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine)

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

Medium frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	½ tin	1 tin
brown onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
beef mince	1 packet	1 packet
Mexican Fiesta spice blend	1 sachet	2 sachets
enchilada sauce	1 packet (140g)	2 packets (280g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
spring onion	1 bunch	1 bunch
vinegar* (white wine or red wine)	½ tsp	1 tsp
sour cream	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3550kJ (849Cal)	566kJ (135Cal)
Protein (g)	50.5g	8.1g
Fat, total (g)	40.9g	6.5g
- saturated (g)	17.5g	2.8g
Carbohydrate (g)	64.3g	10.3g
- sugars (g)	16.0g	2.6g
Sodium (g)	2110mg	336mg

Allergens

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

Visit [HelloFresh.co.nz/foodinfo](https://www.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

Preheat the oven to **220°C/200°C fan-forced**. Drain the **sweetcorn** (see ingredients list). Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press).



2. Char the corn

In a medium frying pan, heat a **drizzle of olive oil** over a high heat. Add the **sweetcorn** and cook, tossing occasionally, until golden and lightly charred, **4-5 minutes**. Transfer to a medium bowl.

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



3. Cook the filling

SPICY! The spice blend is hot, use less if you're sensitive to heat. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and season with **salt** and **pepper**. Cook, breaking up with a spoon, until browned, **4-5 minutes**. Add the **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Add **1/2** the **enchilada sauce** and stir to combine.



4. Bake the enchiladas

Place the **mini flour tortillas** on a flat surface and fill evenly with the **enchilada filling**. Roll the **tortillas** to close and place, seam-side down, in a medium baking dish. Top with the **remaining enchilada sauce** and sprinkle with the **shredded Cheddar cheese**. Bake until the cheese is melted and golden, **15 minutes**.



5. Make the corn salsa

While the enchiladas are baking, finely chop the **tomato**. Thinly slice the **spring onion**. Add the **tomato** and **spring onion** (reserve some for garnish!) to the bowl with the charred **corn**. **Drizzle** with a **little olive oil** and add the **vinegar**. Season to taste with **salt** and **pepper** and toss to combine.

TIP: Seasoning is key in salsa! Taste and season with more salt, pepper or vinegar if you like.



6. Serve up

Divide the cheesy Mexican beef enchiladas between plates and top with the **sour cream**. Serve with the charred corn salsa and garnish with the reserved spring onion.

Enjoy!