



# Cheese and Bean Enchiladas

with sweetcorn and creme fraiche

Veggie Quick Cook 20 – 25 mins

21



Tortilla



Red Kidney Beans



Chopped Tomato with Onion & Garlic



Mexican Style Spice Mix



Dried Chilli Flakes



Lime



Grated Cheese



Creme Fraiche



Bell Pepper



Sweetcorn

Pantry Items: Oil, Salt, Pepper, Sugar, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Oven dish, sieve, zester

## Ingredients

	2P	4P
Tortilla	8 units	16 units
Red Kidney Beans	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Mexican Style Spice Mix	2 sachets	4 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Lime	1 unit	2 units
Grated Cheese	50 g	100 g
Creme Fraiche	110 g	220 g
Bell Pepper	1 unit	2 units
Sweetcorn	1 pack	2 packs

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>765 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3849.3 kJ/ 920 kcal	503.2 kJ/ 120.3 kcal
Fat (g)	35.4 g	4.6 g
Sat. Fat (g)	20 g	2.6 g
Carbohydrate (g)	110.8 g	14.5 g
Sugars (g)	24.3 g	3.2 g
Protein (g)	36 g	4.7 g
Salt (g)	5.2 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and knives for raw and ready-to-eat foods or wash these in between uses.

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## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Zest the **lime**. Juice **half** and cut the rest into thick wedges.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.



## Make the Creme Fraiche

- In a small bowl, mix the **creme fraiche** together with the **lime** zest.
- Season to taste with **salt** and **pepper**.



## Simmer the Sauce

- Place a large pot over medium-high heat with a drizzle of **oil**.
- When the **oil** is hot, add the **bell pepper**, **chopped tomatoes**, **chilli flakes** (use less if you don't like spice) and **Mexican spice mix**.
- Stir to combine then leave to simmer until thickened and slightly sticky, 6-8 mins.



## Bake the Enchiladas

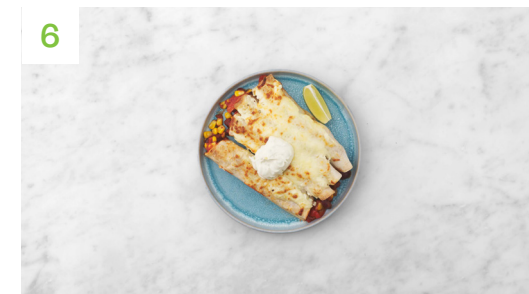
- Drizzle a little **oil** into the bottom of an oven dish.
- Lay the **tortillas** out on a board, spoon some of the **bean** and **sweetcorn** mixture down the centre of each, then roll up to enclose.
- Lay them into the oven dish. Ensure they're packed snugly, side by side, seam-side down so they don't unroll.
- Use the back of a spoon to spread **half** the **creme fraiche** over the top. Sprinkle over the **cheese**.
- Bake on the top shelf of the oven until golden, 8-10 mins.



## Add the Beans

- Meanwhile, drain and rinse the **kidney beans** and **sweetcorn** in a sieve.
- Once the sauce has reduced, add the **sweetcorn** and **beans** to the pot along with the **lime** juice and ½ tsp **sugar** (double for 4p).
- Season to taste with **salt**, **pepper** and **sugar**.

**TIP:** Loosen the sauce with a splash of water if it becomes too thick.



## Finish and Serve

- Once cooked, remove the cheesy **bean** enchiladas from the oven and divide between plates.
- Top with a dollop of the remaining zesty **creme fraiche**.
- Serve with **lime** wedges alongside.

**Enjoy!**