



# Cheesy DIY Pork Enchiladas

with creme fraiche and coriander

35 – 40 mins

4



Irish Pork Mince



Bell Pepper



Grated Cheese



Coriander



Onion



Central American  
Style Spice Mix



Creme Fraiche



Tortilla



Stock



Beef Mince



Lamb Mince

Pantry Items: Flour, Oil, Salt, Pepper, 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.

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

## Cooking tools you will need

Oven dish

## Ingredients

	2P	4P
Irish Pork Mince	240 g	480 g
Bell Pepper	2 units	4 units
Grated Cheese	50 g	100 g
Coriander	5 g	10 g
Onion	1 unit	2 units
Central American Style Spice Mix	1 sachet	2 sachets
Crema Fraiche	65 g	110 g
Tortilla	8 units	16 units
Stock	1 sachet	2 sachets
Beef Mince	240 g	480 g
Lamb Mince	240 g	480 g

## Nutrition

		Recipe 1	Recipe 2
for uncooked ingredient	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	678.5 kJ/162.2 kcal	713 kJ/170 kcal	728 kJ/174 kcal
Fat (g)	8.6 g	9.2 g	10 g
Sat. Fat (g)	4.2 g	4.7 g	5.1 g
Carbohydrate (g)	13.6 g	13.6 g	13.6 g
Sugars (g)	3 g	2.9 g	2.9 g
Protein (g)	8.4 g	8.5 g	8.1 g
Salt (g)	0.8 g	0.7 g	0.7 g

See site or app for detailed nutritional info.

## Allergens

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

## Contact

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### Start Your Sauce

- Preheat your oven to 240°C/220°C fan/gas mark 9. Place a pan over medium-high heat.
- Add ½ tbsp **oil** (per 2P) and ½ tbsp **flour** (per 2P) and stir together until no clumps remain.
- Mix in the **Central American spice, stock** and 120ml **water** (per 2P).
- Bring to the boil, then reduce the heat to medium-low.
- Simmer until sauce is slightly thickened, 6-8 min. Remove from heat.



### Prep the Veg

- Meanwhile, halve, peel and thinly slice the **onion**.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Roughly chop the **coriander** (stalks and all).
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **onion** and **bell pepper**, stirring often, until softened, 5-6 mins. Season with **salt** and **pepper**. Remove from the pan and set aside.



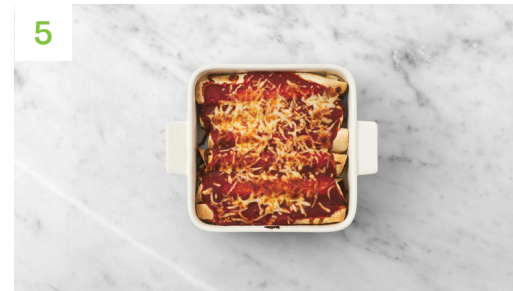
### Fry the Filling

- Add the **pork mince** to the now empty pan and fry until browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Pork is cooked when no longer pink in the middle.
- Use a spoon to break it up as it cooks. Season with **salt** and **pepper**.
- Once the **pork** has cooked, return the **bell pepper** and **onion** to the pan.
- Stir in **half** the sauce, then remove from heat.



### Assemble the Enchiladas

- Drizzle a little **oil** into the bottom of an oven dish.
- Lay the **tortillas** out on a board.
- Top each one with some of **pork** mixture.
- Roll up to enclose and place snugly packed, seam-side down, in the oven dish.



### Bake Until Bubbling

- Drizzle your enchiladas with the remaining sauce and sprinkle with **cheese**.
- Bake in the middle of the oven until the **cheese** is melted and the edges of the **tortillas** are slightly crispy, 2-3 min.



### Plate and Serve

- Divide your cheesy enchiladas between plates.
- Finish with a dollop of **crema fraiche** and a sprinkling of **coriander**.

Enjoy!

### CUSTOM OPTIONS



#### BEEF MINCE

Swapping to beef mince? Follow the recipe as written, replacing 'pork' with 'beef' where necessary.



#### LAMB MINCE

Swapping to lamb mince? Follow the recipe as written, replacing 'pork' with 'lamb' where necessary.