



More than Food

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## Layered Enchiladas

with Roasted Mushrooms and Zucchini

Think of this dish as a hybrid between lasagna and enchiladas. We've taken the hassle out of enchiladas by layering the ingredients instead of rolling them up. The creamy roasted vegetable filling is what takes this casserole to the next level.



40 min



level 1



veggie



nut free



gluten free



Baby Portobello Mushrooms



Onion



Jalapeño



Zucchini



Garlic



Sour Cream



Shredded Cheddar Cheese



Corn Tortillas



Crushed Tomatoes



Tabasco



Chipotle Chili Powder



Southwest Spice Blend

## Ingredients

	2 People	4 People
Baby Portobello Mushrooms	8 oz	16 oz
Onion	1	2
Jalapeño	1	2
Zucchini	1	2
Garlic	2 cloves	4 cloves
Sour Cream	4 T	8 T
Shredded Cheddar Cheese	½ C	1 C
Corn Tortillas	6	12
Crushed Tomatoes	1 can	2 cans
Tabasco	1 t	2 t
Chipotle Chili Powder	½ t	1 t
Southwest Spice Blend	1 t	2 t
Olive Oil*	1 ½ T	3 T

\*Not Included

## Allergens

1) Dairy

## Tools

Baking Sheet, Large Pan,  
Small Baking Dish,  
Medium Bowl

Ruler

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**Nutrition per person** Calories: 794 cal | Carbs: 112 g | Fat: 30 g | Protein: 24 g | Fiber: 12 g



**1** Preheat the oven to 450 degrees. Halve, peel, and dice the **onion**. Mince or grate the **garlic**. Thinly slice the **mushrooms**. Halve the **zucchini** lengthwise then slice into ¼-inch half moons. Mince the **jalapeño**, removing the seeds and white ribs if you prefer less heat.



**2** **Roast the vegetables:** toss the **mushrooms** and **zucchini** on a baking sheet with **1 Tablespoon olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 25-30 minutes, until soft and golden-brown.

**3** **Make the enchilada sauce:** heat ½ **Tablespoon oil** in a large pan over medium heat. Add the **onion** and **jalapeño** and cook, tossing, 3-4 minutes, until softened. Add **garlic**, **chipotle chili powder** (to taste), and **southwest spice blend**, and cook 30 seconds, until fragrant. Season with **salt** and **pepper**.



**4** Add **1 cup crushed tomatoes** and **1 cup water** to the pan with the **onion mixture**. Stir in the **Tabasco** (to taste) and simmer on low heat until the **roasted vegetables** are ready. Season with **salt** and **pepper**.

**5** Toss the **roasted vegetables** in a medium bowl with the **sour cream**.



**6** **Assemble the casserole:** spread a small baking dish with a thin layer of **enchilada sauce**. Place two **tortillas** on top, then layer **half the roasted vegetable mixture**, a large spoonful of **enchilada sauce**, and a sprinkle of **cheese**. Repeat the process of layering tortillas, vegetable mixture, sauce, and cheese. Top the dish with the last two tortillas, and the remaining enchilada sauce and cheese.

**7** Place the baking dish in the oven until bubbly and melted, 5-10 minutes. If desired, brown the **cheese** under the broiler on high for 2-3 minutes. Divide **casserole** between plates and enjoy!