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## Veggie Enchiladas with a Side Helping of Mexican Trivia

This week we're taking a long overdue opportunity to clear up a bit of Mexican dinner time confusion; namely the difference between tortillas, fajitas and enchiladas. Our man in Mexico tells us that 'tortilla' is the general name given to the flour wraps that you fill up with Mexican food, whilst 'fajitas' are a soft tortilla filled with shredded beef. Enchiladas take the process a tasty step further as they are tortillas filled with ingredients, rolled up and then given a scattering of cheese before being baked in the oven. Phew, now we can all relax and get eating!

 40 mins

 veggie

  
Baby Spinach  
(2 handfuls)

  
Spring Onion  
(3)

  
Organic Black Beans  
(½ tin)

  
Cumin  
(1½ tsp)

  
Organic Chopped  
Tomatoes (1 tin)

  
Cheddar Cheese  
(4 tbsp)

  
Sweetcorn (1 tin)

  
Sour Cream (½ pot)

  
Wholemeal  
Tortilla (6)

  
Avocado (1)

## Ingredients

	2 PEOPLE	ALLERGENS
Baby Spinach, chopped	2 handfuls	
Spring Onion, sliced	3	
Organic Black Beans	½ tin	
Cumin	1½ tsp	
Organic Chopped Tomatoes	1 tin	
Cheddar Cheese	4 tbsp	Milk
Sweetcorn	1 tin	
Sour Cream	½ pot	Milk
Wholemeal Tortilla	6	Gluten
Avocado	1	

🥬 Our fruit and veggies may need a little wash before cooking!

### Did you know...

An enchilada is technically a tortilla rolled and filled with a seasoned mixture, covered with a sauce flavoured with chilli.

**Nutrition per serving:** Calories: 941 kcal | Protein: 37 g | Carbs: 104 g | Fat: 39 g | Saturated Fat: 13 g



**1** Pre-heat your oven to 220 degrees and boil a large pot of water with ¼ tsp of **salt**. Fill a large bowl with cold water (and ice if you have some). Add the **spinach** to your pot of boiling water and cook for 2 mins then strain and plunge into the iced water. When the **spinach** is cold, thoroughly drain, roughly cut and set aside.



**2** Cut the ends off the **spring onions** then thinly slice, separating the white and green parts. Drain and thoroughly rinse the **black beans**.

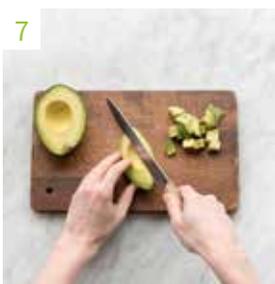
**3** Add 4 tsp of **oil** to a saucepan over medium heat. Once hot, add the **cumin** and cook for 1 minute, stirring to release the flavour then add the **chopped tomatoes**. Bring to the boil, season with ¼ tsp of **salt** and a pinch of **pepper** then reduce to a simmer and cook until thickened. **Tip:** *This will take about 5-8 mins.* Set aside.

**4** Meanwhile, grate the cheese. In a large bowl, combine three-quarters of the **cheese**, the **black beans**, **spinach**, drained **sweetcorn**, **sour cream** and the whites of the **spring onion**. Season with **salt** and **pepper**.



**5** Lightly grease a large baking dish and set aside. Place the **tortillas** in your warm oven for about 2 mins. **Tip:** *This is just to soften them up so they are easier to fill and roll up later. Keep an eye on them so they don't cook too much!* Once soft, remove from your oven and top each **tortilla** with some of the black bean filling. Roll each **tortilla** up tightly and arrange, seam-side down, in your baking dish.

**6** Evenly top the rolled **tortillas** with your tomato sauce and sprinkle with the remaining **cheese**. Bake, uncovered, until hot and bubbling, for about 10 mins.



**7** Cut into each **avocado** lengthways until you hit the stone. Slide the knife all the way around the stone, then twist and separate the two halves. Remove the stone from the avocado, then slide the knife between the skin and the flesh of the **avocado** all the way around. Pop the **avocado** out and chop it into cubes.

**8** Garnish your enchiladas with the greens of the **spring onion**. Serve with your chopped **avocado** and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!