






More Than Food

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on   
You'll be entered into our weekly photo contest!

Quickfire Beef Enchiladas with Homemade Ranchero Beans

Patrick's been trying out a few new Mexican dishes in the Fresh Kitchen of late and the main technique in tonight's dinner has become a favourite. By mashing up your kidney beans instead of adding them whole, you suddenly add a rich, creamy texture to sauces...arriba!

 45 mins

 family box

 spicy



Beef Mince (500g)



Onion (2)



Mexican Spice
(2 tbsp)



Organic Kidney
Beans (1 tin)



Tomato Passata
(2 cartons)



Baby Gem Lettuce
(2)



Vine Tomato (4)



Wholemeal
Tortilla (8)



Cheddar Cheese
(8 tbsp)




Lime (1)



Sour Cream
(2 pots)

Ingredients

	2P	4P
Beef Mince	-	500g
Onion, sliced	-	2
Mexican Spice	-	2 tbsp
Organic Kidney Beans	-	1 tin
Tomato Passata	-	2 cartons
Baby Gem Lettuce, chopped	-	2
Vine Tomato, chopped	-	4
Wholemeal Tortilla 1	-	8
Cheddar Cheese, grated 2	-	8 tbsp
Lime	-	1
Sour Cream 2	-	2 pots

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Gluten | **2)** Milk

Nutrition per serving: Calories: 1072 kcal | Protein: 55g | Carbs: 109g | Fat: 37g | Saturated Fat: 16g

2



1 Heat 2 tbsp of olive oil in a frying pan on medium-high heat. Once hot, quickly brown off the beef mince, then remove from the pan and keep to the side.

has thickened enough to fill your tortillas. Meanwhile roughly chop the baby gem lettuce and roughly chop the tomatoes.

3



2 Peel and chop the onions in half lengthways through the root, then very thinly slice them widthways into half moon shapes. Heat 2 tbsp of olive oil on medium-low heat in your (now empty) frying pan and cook the onions for around 6 mins, then add the Mexican spice. **Tip:** Use more or less spice depending on how hot you like it!

6 Once the sauce is thick, take it off the heat. Divide the mixture into eight equal portions and spoon it along one end of each tortilla. Roll up the tortillas, place in a baking dish and grate the cheese over the top. Cook in the oven until the cheese melts.

4



3 Whilst the onion cooks, drain and thoroughly rinse your kidney beans. **LH:** Mash up the kidney beans in a bowl.

7 Whilst your enchiladas are in the oven, zest your lime. **LH:** Mix the sour cream with a few good grinds of black pepper and the lime zest.

6



4 Once the onion has softened, stir in the mashed beans. Add the beef mince back into the pan. Stir in the passata with ½ tsp of salt then refill the carton a fifth with water, swirl it around and add this too.

8 LH: Toss the tomatoes and baby gem lettuce in 2 tbsp of olive oil, your lime juice and a pinch of salt and pepper. Serve your enchilladas with a dollop of sour cream and the salad on the side. Devour immediately!

5 Pre-heat your oven to 200 degrees. Let the mixture bubble away gently on low heat until it

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