



Lentil and Mushroom Enchiladas

with Cheddar Cheese and Baby Leaf Salad

Classic 25-30 Minutes • **Medium Spice** • 3 of your 5 a day

43



Sliced Mushrooms



Garlic Clove



Lentils



Mature Cheddar Cheese



Chipotle Paste



Tomato Passata



Red Wine Stock Paste



Plain Taco Tortillas



Red Wine Vinegar



Baby Leaf Mix



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

+ Add Diced Chorizo

If you chose to add diced chorizo, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Frying pan, garlic press, sieve, grater, ovenproof dish and bowl.

Ingredients

Ingredients	2P	3P	4P
Sliced Mushrooms**	120g	180g	240g
Garlic Clove**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	60g	90g	120g
Chipotle Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Plain Taco Tortillas 13)	6	9	12
Red Wine Vinegar 14)	12ml	18ml	24ml
Baby Leaf Mix**	50g	70g	100g
Diced Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Sugar*	1½ tsp	2¼ tsp	3 tsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	512g	100g	557g	100g
Energy (kJ/kcal)	2916 / 697	570 / 136	3745 / 895	672 / 161
Fat (g)	24.3	4.7	40.5	7.3
Sat. Fat (g)	13.9	2.7	19.9	3.6
Carbohydrate (g)	89.5	17.5	90.9	16.3
Sugars (g)	15.9	3.1	16.2	2.9
Protein (g)	28.4	5.6	39.7	7.1
Salt (g)	5.64	1.10	8.23	1.48


Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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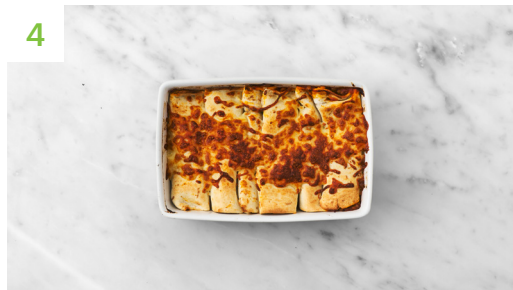


Fry the Mushrooms

Preheat your oven to 220°C/200°C fan/gas mark 7.
Heat a drizzle of **oil** in a large frying pan on high heat.
When hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

+ Add Diced Chorizo

If you're adding **chorizo**, add it to the pan with the **mushrooms**. Fry for the same amount of time, then continue as instructed.



Enchilada Time

Lay the **tortillas** on a board (3 per person), spoon the **mixture** down the centre of each, then roll them up to enclose the filling.

Drizzle a little **oil** over the bottom of an ovenproof dish, then lay in the **wraps**. Pack them snugly, side by side, with the folded edge underneath so they don't unroll.

Sprinkle over the **cheese**, then bake on the top shelf of your oven until golden, 8-10 mins.



Do the Prep

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **lentils** in a sieve. Grate the **cheese**.



Toss the Salad

Meanwhile, in a large bowl, combine the **red wine vinegar**, a drizzle of **oil** and season with **salt** and **pepper** and a pinch of **sugar**.

Just before serving, add the **baby leaves** and toss to coat in the **dressing**. **TIP: Don't add the leaves too early or they'll go soggy.**



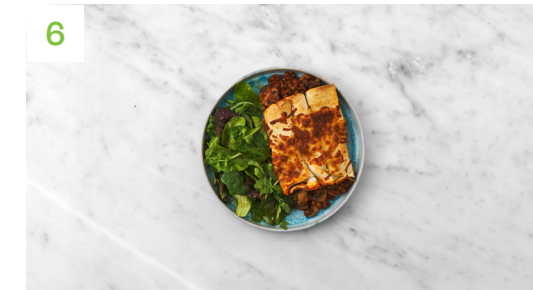
Get Saucy

Once the **mushrooms** have browned, add the **garlic** and **chipotle paste** (add less if you'd prefer things milder) and stir-fry 30 secs.

Add the **lentils**, **passata**, **red wine stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Stir to combine and simmer until thickened, 5-6 mins.

Stir through the **butter** (see pantry for amount) until melted. Remove from the heat.

Taste the **mixture** and season with **salt** and **pepper** if needed.



Serve Up

Share the **lentil and mushroom enchiladas** between your plates.

Serve the **baby leaf salad** alongside.

Enjoy!