



Chipotle Black Bean Enchiladas with Mozzarella and Baby Leaf Salad

Classic 35-40 Minutes • Mild Spice • 5 of your 5 a day • Veggie

40



Bell Pepper



Garlic Clove



Black Beans



Mozzarella



Chipotle Paste



Vegetable Stock Paste



Finely Chopped
Tomatoes



Plain Taco Tortilla



Red Wine Vinegar



Premium Baby
Leaf Mix

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, kitchen paper, frying pan, ovenproof dish and bowl.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1½	2
Garlic Clove**	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Mozzarella** 7)	1 ball	1½ balls	2 balls
Chipotle Paste	20g	30g	40g
Vegetable Stock Paste 10)	10g	15g	20g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Plain Taco Tortilla 13)	6	9	12
Red Wine Vinegar 14)	12g	18g	24g
Premium Baby Leaf Mix**	50g	100g	100g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Dressing*	¼ tsp	½ tsp	½ tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	591g	100g
Energy (kJ/kcal)	2842 /679	481 /115
Fat (g)	21.2	3.6
Sat. Fat (g)	9.8	1.7
Carbohydrate (g)	84.2	14.3
Sugars (g)	17.5	3.0
Protein (g)	32.2	5.5
Salt (g)	4.03	0.68

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

Allergens

7) Milk **10)** Celery **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, milk, egg, mustard, celery, soya, 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.

Contact

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Get Prepped

Halve the **pepper** and discard the core and seeds.
Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press).
Drain and rinse the **black beans** in a sieve.

Drain the **mozzarella** and pat dry with kitchen paper, squeezing out as much liquid as possible, then tear into pieces.



Make your Enchiladas

Once the **sauce** has thickened, lay the **tortillas** on a board (3 per person). Reserve a quarter of the **bean mixture** for the topping, then spoon the remaining **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.

Top the **enchiladas** with the reserved **bean mixture** and **torn mozzarella**. Grill until golden and the **cheese** is bubbling, 5-6 mins.



Fry the Pepper

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **pepper** and fry until just soft, 3-4 mins.

Stir in the **garlic**, **chipotle paste** and **black beans**, then fry for 1 min more.



Dress the Salad

In a medium bowl, add the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then mix well.

Just before you're ready to serve, toss the **baby leaves** in the **dressing**.



Sauce Things Up

Stir through the **vegetable stock paste**, **chopped tomatoes**, **sugar** and **water for the sauce** (see pantry for both amounts).

Reduce the heat to medium and simmer until thickened, 6-8 mins. Then mash **half** of the **black beans** with a fork in the pan.

Meanwhile, preheat your grill to high.



Serve

When everything's ready, share your **chipotle black bean enchiladas** between your plates.

Serve the **salad** alongside.

Enjoy!