

# Spicy Bean and Corn Enchiladas

with Vegan Mozzarella and Guacamole

hellóchef

Add a bit of spice to your life!

Cals 945 • Prot 30 • Carbs 133 • Fat 39

Vegan

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Enchiladas	2 ppl	3 ppl	4 ppl	
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Sweet corn kernels	145	145	290	Grams
Red kidney beans	240	480	480	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Chipotle powder	2	2	4	Grams
Smoked paprika powder	2	2	4	Grams
Coriander cumin powder	4	4	8	Grams
Tomato passata	200	400	500	Grams
Vegetable stock cube 15*	1	1	1	Piece
Brown sugar	10	15	20	Grams
Black pepper	0.5	0.5	1	Tsp
Wholewheat tortilla wraps 10*, 11*	4	6	8	Piece
Mild tomato salsa	60	90	120	Grams
Vegan mozzarella	50	75	100	Grams
Guacamole				
Fresh coriander	15	15	15	Grams
Avocado	1	2	2	Piece
Lime	1	2	2	Piece
Salt	0.5	0.5	1	Tsp

Allergens

\*15 Celery, \*10 Wheat, \*11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3955 / 945
Fat (g)	39.1
of which saturates (g)	15
Carbohydrate (g)	133
of which sugars (g)	23.6
Fiber (g)	34.5
Protein (g)	30.4
Salt (g)	3.3

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep filling

Preheat the oven to 220°C/200°C fan. Peel and finely chop the **red onion**. Peel and mince and **garlic**. Drain and rinse the **sweet corn kernels** and the **red kidney beans**.

**Tip!** If using an air fryer, preheat to 180°C.



2 Cook filling

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened. Add the **garlic, chipotle (spicy!), smoked paprika** and the **coriander cumin powder** and cook for 2 min further.

**Tip!** Sensitive to spice? Go easy on the chipotle.



3 Simmer

Add the **corn, red kidney beans, tomato passata, [0.5/1/1] vegetable stock cube, brown sugar**, a generous splash of water and simmer for 5 min until thickened. Remove from the heat and season with **salt** and **black pepper**.



4 Bake enchiladas

Divide the **filling** among the **tortilla wraps**. Roll and place into an oiled baking dish, seam-side down. Sprinkle evenly with the **vegan mozzarella**. Bake for 10 min or until the **cheese** is melted and golden - these are your **enchiladas**.

**Tip!** Air fry the enchiladas topped with vegan mozzarella for 5-7 min until the cheese is melted and golden.



5 Make guacamole

Meanwhile, finely chop the **coriander** leaves. Slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon into a bowl. Add a squeeze of **lime juice** and mash with a fork until smooth. Add the **coriander** (reserve some for garnish) and season generously with **salt**.



6 Serve

Divide the **spicy bean and corn enchiladas** among plates and serve the **guacamole** on the side. Garnish with the remaining **coriander**.