

Cheesy Bean Enchiladas

with Guacamole

Enjoy this indulgent, Mexican-style vegetarian supper.

Cals 1041 • Prot 40 • Carbs 126 • Fat 49

Vegetarian

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Before you start

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

Ingredients

Filling	2 ppl	3 ppl	4 ppl	
Red pepper	1	1	2	Piece
Yellow pepper	1	2	2	Piece
Red onion	1	2	2	Piece
Garlic cloves	1	2	2	Piece
Red kidney beans	240	480	480	Grams
Olive oil	2	3	4	Tbsp
Smoked paprika powder	2	4	4	Grams
Coriander cumin powder	4	8	8	Grams
Peeled plum tomatoes	400	400	800	Grams
Sour cream 4*	60	90	120	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
To serve				
Wholewheat tortilla wraps 10*, 11*	4	6	8	Piece
Grated cheddar 4*	60	90	120	Grams
Guacamole				
Avocado	1	2	2	Piece
Lime	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Salt	0.5	0.5	0.5	Tsp

Allergens

*4 Milk, *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)	4364 / 1041
Fat (g)	49
of which saturates (g)	22.5
Carbohydrate (g)	126
of which sugars (g)	20.3
Fiber (g)	36.2
Protein (g)	40.1
Salt (g)	2.6

*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

Preheat the oven to 200°C/180°C fan. Slice the **peppers**. Peel and mince the **onion** and **garlic**. Rinse and drain the **kidney beans**.



2 Fry vegetables

Heat a drizzle of **oil** in a pan over a medium-high heat. Fry the **onion** and **peppers** for 5 min. Add the **garlic, smoked paprika** and **coriander cumin powder**. Fry for 2 min.



3 Simmer

Add the drained **beans** and **peeled plum tomatoes** (breaking them up with a spatula). Bring to boil and simmer, uncovered, for 5 min. Finally fold in the **sour cream**. Season generously with **salt** and **pepper**.



4 Bake

Divide the filling over the **tortilla wraps** and roll them tightly (reserve 1/4 of the filling to spoon over top). Place the **tortilla** rolls in a baking dish, seam-side down. Spoon the remaining filling over the top, followed by the **grated cheddar**. Bake for 15 min.



5 Make guacamole

Meanwhile, slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then mash it with a fork. Squeeze [1/1.5/2] Tbsp of the **lime** juice into the bowl. Chop the **coriander** and mix it in. Season with a pinch of **salt**.



6 Serve

Serve the **enchiladas** with the **guacamole** to the side.