



Everything But The Chef

hellofresh.com.au

hello@hellofresh.com.au | 02 81 888 722

Wk31 2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

Chicken Enchiladas

Enchiladas - what could be more fun? Take one part smoky, tender chicken, one part melted cheesy goodness and top with fresh, green coriander. Of course, we don't want things to get too hot around here, so serve with a generous dollop of sour cream. Let the whole family chip in for this authentic favourite.

Prep: 10 mins
Cook: 35 mins
Total: 45 mins
 level 2
 eat me early
 spicy
 winter warmers

Pantry Items: Olive Oil, Water



Chicken Thighs



Red Onion



Green Capsicum



Mexican Spice Mix



Flour Tortillas



Enchilada Sauce



Cheddar Cheese



Sour Cream



Coriander

2P	4P	Ingredients	
2 tsp	1 tbs	olive oil *	
2 fillets	4 fillets	chicken thighs, cut into 3 cm pieces	A
½	1	red onion, finely sliced	⊕
½	1	green capsicum, diced	⊕
2 tsp	1 tbs	Mexican spice mix	
1 cup	2 cups	water *	
½ cup	1 cup	enchilada sauce	
4	8	flour tortillas	
½ block	1 block	Cheddar cheese, grated	⊕
½ tub	1 tub	sour cream	⊕
1 bunch	2 bunches	coriander leaves picked, to garnish	⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3320	Kj
Protein	48.6	g
Fat, total	41.9	g
-saturated	19.5	g
Carbohydrate	54.8	g
-sugars	11.8	g
Sodium	1200	mg

Measuretool

0 cm	1 cm	2 cm

Disclaimer: Chicken thighs vary in size, you may be supplied with a greater amount than specified. Please use the supplied amount.



You will need: chopping board, chef's knife, grater, baking dish, medium frying pan, a plate and a spatula.

1 Preheat the oven to **200°C/180°C** fan-forced. Lightly grease a baking dish.

2 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **chicken thighs** and cook, stirring, for **3-4 minutes** or until browned. Remove from the pan. Add the **red onion** and **green capsicum** and cook, stirring, for **3 minutes** or until the onion is soft. Add the **Mexican spice mix** and cook, stirring, for **1 minute** or until fragrant. Add the **water** and half of the **enchilada sauce** and stir to combine. Return the chicken to the pan. Bring to a boil and then reduce the heat to medium-low and simmer for **10 minutes** or until the chicken is cooked through and the sauce has thickened.

3 Place one **flour tortilla** on a flat surface. Top with ¼ cup of the chicken mixture. Roll up to close and place, seam side down, in the prepared baking dish. Repeat with the remaining tortillas and chicken mixture. Top the enchiladas with the remaining enchilada sauce and sprinkle with the **cheddar cheese**. Place in the oven for **10 minutes** or until the cheese has melted.

4 To serve, divide the enchiladas between plates. Dollop with the **sour cream** and garnish with the **coriander leaves**.



Did you know? The technique of rolling tortillas around other food has been enjoyed since Mayan times.