

MEXICAN CHICKEN TORTILLA BAKE

with Sour Cream





Use tortillas to make a pie crust



Green Capsicum



Carrot



Carlic



Chicken Thigh



Sweetcorn



Tex-Mex Spice Blend



Diced Tomatoes



Chicken Stock



Mini Flour Tortillas



r Shredded Cheddar Cheese



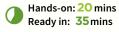
Lemon



Coriander



our Crean





Here's a recipe for success: Tex-Mex chicken, melted cheddar and sour cream, all coming together in perfect harmony. It's bubbling and oozy, with soft tortilla soaked in sauce below and crispy edges up top – how could it not impress?

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

· large frying pan · medium baking dish



Terest the oven to 200°C/180°C fanforced. Roughly chop the green capsicum. Grate the carrot (unpeeled). Finely chop the garlic (or use a garlic press). Cut the chicken thigh into 1cm pieces. Drain the sweetcorn.



2 COOK THE CHICKEN
In a large frying pan, heat a drizzle of olive oil over a high heat. Add the chicken thigh and cook, tossing, until browned, 2-3 minutes. Transfer to a plate (the chicken will finish cooking in step 5).



MAKE THE FILLING
SPICY! This is a mild spice blend, but if
you or the kids are very sensitive to spice, you
may want to add less. Return the frying pan
to a medium-high heat with a drizzle of olive
oil. Add the capsicum, carrot and sweetcorn
and cook, stirring, until softened, 5 minutes.
Add the garlic and Tex-Mex spice blend and
cook until fragrant, 1-2 minutes. Add the
diced tomatoes, brown sugar and crumble
in 1 chicken stock cube. Simmer until slightly
thickened, 2 minutes. Return the chicken
(plus any resting juices) to the pan and stir
to combine.



ASSEMBLE THE TORTILLA BAKE Grease a deep medium baking dish. Arrange the mini flour tortillas in the baking dish, overlapping them slightly to cover the base and sides with minimal gaps.

* TIP: Cut the tortillas if necessary to make

* TIP: Cut the tortillas if necessary to make them fit. Pour the **chicken mixture** into the tortilla-lined dish.



Sprinkle the **shredded Cheddar cheese** over the chicken and bake until the cheese has melted and the tortillas are golden, **10-12 minutes**. While the bake is in the oven, cut the **lemon** into wedges and roughly chop the **coriander**.



SERVE UP
Divide the Mexican chicken tortilla bake between plates and top with a dollop of sour cream. Sprinkle with the coriander and squeeze over the lemon juice.

ENJOY!

INGREDIENTS

	4-5P
olive oil*	refer to method
green capsicum	1
carrot	2
garlic	2 cloves
chicken thigh	1 packet
sweetcorn	1 tin (300g)
Tex-Mex spice blend	2 sachets
diced tomatoes	1 tin
brown sugar*	1 tsp
chicken stock	1 cube
mini flour tortillas	6
shredded Cheddar cheese	1 packet (100g)
lemon	1
coriander	1 bag
sour cream	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2740kJ (656Cal)	481kJ (115Cal)
Protein (g)	47.7g	8.4g
at, total (g)	31.5g	5.5g
saturated (g)	13.3g	2.3g
Carbohydrate (g)	41.1g	7.2g
sugars (g)	15.4g	2.7g
Sodium (g)	1110mg	195mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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