



# MEXICAN CHICKEN TORTILLA BAKE

with Sour Cream



Use tortillas to make a pie crust



Green Capsicum



Carrot



Garlic



Chicken Thigh



Sweetcorn



Tex-Mex Spice Blend



Diced Tomatoes



Chicken Stock



Mini Flour Tortillas



Shredded Cheddar Cheese



Lemon



Coriander



Sour Cream

Hands-on: **20 mins**  
Ready in: **35 mins**

Eat me early

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?

**Pantry Staples:** Olive Oil, Brown Sugar

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **large frying pan** • **medium baking dish**



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. 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).



### 3 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.



### 4 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 them fit.* Pour the **chicken mixture** into the tortilla-lined dish.



### 5 BAKE THE PIE

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**.



### 6 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!

## 4-5 PEOPLE 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
Fat, 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](https://www.hellofresh.com.au/foodinfo)

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