



# POLLO CHICKEN ENCHILADAS

with Cheddar & Sour Cream

Look for this colour on your recipe kit!



Make your own enchiladas



Free-Range Chicken Thigh



Brown Onion



Green Capsicum



Cheddar Cheese



Mexican Spice Blend



Enchilada Sauce



Flour Tortillas



Sour Cream



Coriander

*Pantry Staples*



Olive Oil



Water

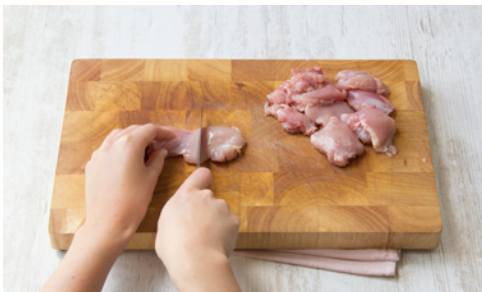
Hands-on: **20 mins**  
Ready in: **40 mins**

Eat me early

Enchiladas – what could be more fun? Take one part 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 everyone chip in to get this authentic favourite on the table.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **baking dish, chef's knife, chopping board, box grater, medium frying pan, wooden spoon, plate** and a **spoon**



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Lightly grease a baking dish. Chop the **free-range chicken thigh** into 3 cm pieces. Finely slice the **brown onion**. Dice the **green capsicum**. Grate the **Cheddar cheese**.



### 2 BROWN THE CHICKEN

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **chicken thigh** and cook, stirring, for **3-4 minutes**, or until browned. Remove from the pan and set aside on a plate (the chicken will continue cooking in step 4).



### 3 COOK THE VEGGIES

Add a **drizzle of olive oil**, the **brown onion** and **green capsicum** to the pan and cook for **3 minutes**, or until the onion is soft. Add the **Mexican spice blend** and cook for **1 minute**, or until fragrant. Stir in the **water (check ingredients list for amount)** and **1/2 of the enchilada sauce**. Return the **chicken** to the pan, bring the sauce to a boil, and reduce the heat to medium-low. Simmer for **10 minutes**, or until the sauce thickens.



### 4 MAKE THE ENCHILADA FILLING

Place **one flour tortilla** on a flat surface and top with **1/4 cup** of the **enchilada filling**. Roll the tortilla over to close and place the enchilada (seam-side down) in the greased baking dish. Repeat with the remaining tortillas and filling.



### 5 FILL THE ENCHILADAS

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. While the enchiladas are in the oven, pick the **coriander** leaves.



### 6 SERVE UP

Divide the enchiladas between plates, dollop with **sour cream** and sprinkle over the coriander.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
free-range chicken thigh	1 packet	2 packets
brown onion	1	2
green capsicum	1	2
Cheddar cheese	1 block (100 g)	2 blocks (200 g)
Mexican spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
water*	¾ cup	1 ½ cups
enchilada sauce (recommended amount)	1 sachet	2 sachets
flour tortillas	4	8
coriander 🌿	½ bunch	1 bunch
sour cream	1 tub (200 ml)	2 tubs (400 ml)

\*Pantry Items | 🌿 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4380kJ (1050Cal)	599kJ (143Cal)
Protein (g)	59.2g	8.1g
Fat, total (g)	60.2g	8.2g
- saturated (g)	28.1g	3.8g
Carbohydrate (g)	64.1g	8.8g
- sugars (g)	13.5g	1.8g
Sodium (g)	1260mg	172mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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