



CHEESY CHICKEN ENCHILADAS

with Sour Cream and Cilantro



HELLO

DIY ENCHILADA SAUCE

Making your own couldn't be more simple

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 696



Chicken Thighs, cubed



Red Onion, sliced



Green Bell Pepper



Mexican Seasoning



Cheddar Cheese, shredded



Sour Cream



Cilantro



Flour Tortillas, 6-inch



All-Purpose Flour



Chicken Broth Concentrate

BUST OUT

- Small Pot
- Measuring Spoons
- Measuring Cups
- Medium Pan
- 9x13-inch Baking Dish
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Chicken Thighs, cubed 2 pkg (680 g)
- Red Onion, sliced 1 pkg (227 g)
- Green Bell Pepper 454 g
- Mexican Seasoning 1 pkg (3 tbsp)
- Cheddar Cheese, shredded 2 113 g
- Sour Cream 2 1 pkg (½ cup)
- Cilantro 1 pkg (10 g)
- Flour Tortillas, 6-inch 1 10
- All-Purpose Flour 1 1 pkg (1 tbsp)
- Chicken Broth Concentrate 1

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

Preheat your broiler to **high** (to broil the enchiladas).



1 MAKE SAUCE

Heat a small pot over medium heat. Add a drizzle of **oil** then sprinkle with the **flour**. Stir together. Add **2 tbsp Mexican seasoning, broth concentrate** and **1 cup water**. Bring to a boil, then reduce the heat to medium-low. Simmer until slightly thickened, 10-12 min.



2 PREP

Wash and dry all produce. Meanwhile, core, then cut the **bell peppers** into ¼-inch strips. Roughly chop the **cilantro**.



3 COOK FILLING

Heat a medium pan over medium-high. Add a drizzle of **oil**, then the **onion** and **bell peppers**. Cook until the onion softens, 4-5 min. Add the **chicken** and **remaining Mexican seasoning**. Cook until the chicken is golden-brown, 4-5 min. Stir in **half the enchilada sauce**.



4 ASSEMBLE ENCHILADAS

Spray or wipe a 9x13-inch baking dish with some **oil**. Place one **tortilla** on your cutting board. Top with **¼ cup chicken mixture**. Roll up to close and place, seam side down, in the prepared baking dish. Repeat with the remaining tortillas and chicken mixture.



5 BAKE ENCHILADAS

Drizzle the tops of the **enchiladas** with the **remaining enchilada sauce** and sprinkle with **cheddar cheese**. Broil in the centre of the oven until the cheese has melted and crisped, 3-4 min.



6 FINISH AND SERVE

Divide the **enchiladas** between plates. Dollop with **sour cream** and sprinkle with **cilantro**.

OOEY GOOEY!

Enough cheesy goodness to make your insides melt.