



# Cheesy Chicken Enchiladas

with Sour Cream

35 Minutes



Chicken Breasts



Red Onion



Green Bell Pepper



Mexican Seasoning



Cheddar Cheese, shredded



Sour Cream



Flour Tortillas



All-Purpose Flour



Chicken Broth Concentrate

HELLO DIY ENCHILADA SAUCE

*Making your enchilada sauce couldn't be more simple - or tasty!*

## Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

## Bust Out

Measuring cups, measuring spoons, medium pot, large non-stick pan, 8x8-inch baking dish, paper towels

## Ingredients

|                           | 2 Person | 4 Person |
|---------------------------|----------|----------|
| Chicken Breasts           | 2        | 4        |
| Red Onion                 | 56 g     | 113 g    |
| Green Bell Pepper         | 200 g    | 400 g    |
| Mexican Seasoning         | 1 tbsp   | 2 tbsp   |
| Cheddar Cheese, shredded  | ½ cup    | 1 cup    |
| Sour Cream                | 6 tbsp   | 12 tbsp  |
| Flour Tortillas           | 6        | 12       |
| All-Purpose Flour         | ½ tbsp   | 1 tbsp   |
| Chicken Broth Concentrate | 1        | 1        |
| Oil*                      |          |          |
| Salt and Pepper*          |          |          |

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## 1 Make enchilada sauce

Heat a medium pot over medium heat. When hot, add **½ tbsp oil**, then **½ tbsp flour** (dbl both for 4 ppl). Stir together. Add **Mexican Seasoning, broth concentrate** and **½ cup water** (dbl for 4 ppl). Bring to a boil, then reduce the heat to medium-low. Simmer, until **sauce** is slightly thickened, 4-6 min. Remove from heat.



## 2 Prep

While sauce cooks, core, then cut **pepper** into ¼-inch strips. Peel, halve, then chop **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Working on a second cutting board, pat **chicken** dry with paper towels. Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, cutting all the way through. Thinly slice **chicken** into ¼-inch strips.



## 3 Cook filling

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions** and **peppers**. Cook, stirring often, until **peppers** soften, 5-6 min. Transfer **veggies** to a plate. Add a **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **chicken** is golden and cooked through, 4-5 min. \*\* Return **veggies** to the pan. Stir in **half the enchilada sauce**.



## 4 Assemble enchiladas

Lightly oil an 8x8-inch baking dish (9x13-inch for 4 ppl) with **½ tbsp oil** (dbl for 4 ppl). Place **tortillas** on a clean work surface. Divide the **chicken mixture** between **tortillas**. Roll up to close and place, seam-side down, in the prepared baking dish.



## 5 Bake enchiladas

Drizzle tops of **enchiladas** with **remaining enchilada sauce** and sprinkle over **cheese**. Broil in the **middle** of the oven, until **cheese** melts and edges of **tortillas** are slightly crispy, 3-4 min. (TIP: Keep an eye on enchiladas so they do not burn!)



## 6 Finish and serve

Divide **enchiladas** between plates. Dollop with **sour cream**.

## Dinner Solved!