



# Cheesy Chicken Enchiladas

with Sour Cream

35 Minutes



Chicken Breasts



Flour Tortillas, 6-inch



Red Onion



Green Bell Pepper



Mexican Seasoning



Cheddar Cheese, shredded



Sour Cream



All-Purpose Flour



Chicken Broth Concentrate

HELLO DIY ENCHILADA SAUCE

*Making your own 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 spoons, medium pot, large bowl, measuring cups, whisk, large non-stick pan, 8x8-inch baking dish, paper towels

## Ingredients

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

\* Pantry items

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## 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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### Make enchilada sauce

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **flour**. Stir to combine. Whisk in **broth concentrate**, **1 ½ tbsp Mexican Seasoning** and **1 cup water** (dbl both for 4 ppl), until smooth, 1 min. Bring to a boil, then reduce heat to medium-low. Simmer, whisking often, until **sauce** thickens slightly, 4-6 min. Remove from heat.



### Prep and cook veggies

While **sauce** cooks, core, then cut **pepper** into ¼-inch strips. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). 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. Remove pan from heat, then transfer **veggies** to a large bowl.



### Cook filling

Pat **chicken** dry with paper towels. Carefully cut **each chicken breast** in half, parallel to the cutting board, cutting all the way through. Thinly slice **each piece of chicken** into ¼-inch strips. Season with **salt, pepper** and **remaining Mexican Seasoning**. Heat the same pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, stirring occasionally, until **chicken** is golden and cooked through, 4-5 min. \*\* Remove pan from heat, then transfer **chicken** to the large bowl with **veggies**. Add **half the enchilada sauce**. Toss to coat.



### 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 **chicken and veggie filling** between **tortillas**. Roll up to close and place, seam-side down, in the prepared baking dish.



### Broil enchiladas

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



### Finish and serve

Divide **enchiladas** between plates. Dollop **sour cream** over top.

## Dinner Solved!