



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

Start here

- Before starting, preheat the 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	3 tbsp	6 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.

♦ 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 the website or app for the as-prepared recipe nutritional information.

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

Contact

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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. Once boiling, reduce heat to medium-low. Simmer, whisking often, until **sauce** thickens slightly, 4-6 min. Remove the pot from heat.



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 in the prepared baking dish, seam-side down.



Prep and cook veggies

While **enchilada sauce** cooks, core, then cut **pepper** into ¼-inch slices. 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 the pan from heat, then transfer **veggies** to a large bowl.



Broil enchiladas

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



Cook chicken and make filling

Pat **chicken** dry with paper towels. Carefully cut **each chicken breast** in half, parallel to the cutting board. 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 the pan from heat, then transfer **chicken** to the large bowl with **veggies**. Add **half the enchilada sauce**. Toss to coat.



Finish and serve

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

Dinner Solved!