



Cheesy Chicken Enchiladas

with Sour Cream

35 Minutes



Chicken Breasts



Flour Tortillas



Red Onion



Green Bell Pepper



Mexican Seasoning



Cheddar Cheese,
shredded



Sour Cream



All-Purpose Flour



Chicken Broth
Concentrate



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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	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.

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1



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 **1 cup water**, **1 ½ tbsp Mexican Seasoning** (dbl both for 4 ppl) and **broth concentrate** 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. (**TIP**: Cook sauce a little longer if you prefer a thicker enchilada sauce!)
- Remove from heat.

4



Assemble enchiladas

- Wrap **tortillas** in paper towels. Microwave until **tortillas** are warm and flexible, 30 sec. (**TIP**: Warming the tortillas makes them easier to fill and roll!)
- Meanwhile, 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.

2



Prep and cook veggies

- Meanwhile, 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 from heat, then transfer **veggies** to a large bowl.

5



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!)

3



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**.
- Reheat 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 from heat, then transfer **chicken** to the bowl with **veggies**. Add **half the enchilada sauce**. Toss to coat.

6



Finish and serve

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

Dinner Solved!