



MAR
2017

Cheesy Chicken Enchiladas

with Sour Cream and Cilantro

Enchiladas - what could be more fun? Take one part smoky, tender chicken, one part melted cheesy goodness and top with a generous dollop of sour cream. Let the whole family chip in for this Mexican-inspired fave.

 **Prep**
35 min



Chicken Thighs



Red Onion



Green Bell Pepper



Mexican
Seasoning



Flour Tortillas



Sour Cream



Cheddar Cheese



Cilantro



Tomato Paste



Vegetable Broth
Concentrate

Ingredients

Chicken Thighs, cubed		2 pkg (680 g)
Red Onion, sliced		1 pkg (227 g)
Green Bell Pepper		2
Mexican Seasoning		2 pkg (2 tbsp)
Cheddar Cheese, shredded	1)	1 pkg (113 g)
Sour Cream	1)	3 pkg (½ cup)
Cilantro		1 pkg (10 g)
Flour Tortillas, 6-inch	2)	10
Tomato Paste		1 can
Vegetable Broth Concentrate		1 pkg
Sugar*		2 tsp
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Milk/Lait
- 2) Wheat/Blé

Tools

9x13-inch Baking Dish, Large Pan, Measuring Cups, Small Bowl

Nutrition per person Calories: 707 cal | Fat: 27 g | Protein: 51 g | Carbs: 60 g | Fibre: 2 g | Sodium: 762 mg

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

Ruler

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



2 Make the enchilada sauce: Heat a large pan over medium. Add **1 pkg Mexican seasoning**. Toast until fragrant, 1 min. Stir in the **tomato paste, broth concentrate, 1 cup water** and **sugar**. Bring to a boil, then pour the **sauce** into a small bowl.



3 Prep: Wash and dry all produce. Core, then cut the **bell peppers** into ¼-inch strips. Roughly chop the **cilantro**.

4 Cook the chicken and veggies: Increase the heat to medium-high. Add a drizzle of **oil** to the same pan, then the **onion** and **green pepper**. Cook until the onions soften, 3-4 min. Add the **chicken**. Cook until the chicken is golden-brown, 3-4 min. Sprinkle over **1 pkg Mexican seasoning** and cook for 1 min. Add **half the enchilada sauce**. Stir to combine.

5 Bake the 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.

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

7 Finish and serve: Divide the **enchiladas** between plates. Dollop with **sour cream** and sprinkle with **cilantro**. Enjoy!

MAKE-AHEAD TIP: To make this recipe in advance, start from Step 2 and continue to the end of Step 4. Refrigerate the chicken-veggie filling and remaining enchilada sauce separately. When you're ready to serve, preheat your broiler, re-heat the filling and sauce in the microwave, then continue with the recipe.

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