



# CHICKEN, CORN & BLACK BEAN ENCHILADAS

with Red Sauce and Crushed Nacho Topping

FAMILY



## HELLO

### RED SAUCE

We're switching things up from the classic tomato salsa

TIME: 35 MIN



Chicken Thighs



Flour Tortillas, 6"



Tortilla Chips



Mexican Seasoning



Cheddar Cheese, shredded



Sour Cream



Lime



Black Beans



Tomato Paste



Garlic



Corn Kernels



Cornstarch

## BUST OUT

- 9x13" Baking Dish
- 2 Small Bowls
- Garlic Press
- Whisk
- Strainer
- Zester
- 2 Large Bowls
- Paper Towel
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Measuring Cups

## INGREDIENTS

4-person

- |                              |        |
|------------------------------|--------|
| • Chicken Thighs             | 680 g  |
| • Flour Tortillas, 6" 1,4,9  | 12     |
| • Tortilla Chips 4           | 85 g   |
| • Mexican Seasoning          | 2 tbsp |
| • Cheddar Cheese, shredded 2 | 1 cup  |
| • Sour Cream 2               | 9 tbsp |
| • Lime                       | 1      |
| • Black Beans                | 1 can  |
| • Tomato Paste               | 1 tbsp |
| • Garlic                     | 9 g    |
| • Corn Kernels               | 56 g   |
| • Cornstarch 9               | 1 tbsp |

## ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- |                        |                           |
|------------------------|---------------------------|
| 0 Seafood/Fruit de Mer | 6 Mustard/Moutarde        |
| 1 Wheat/Blé            | 7 Peanut/Cacahuète        |
| 2 Milk/Lait            | 8 Sesame/Sésame           |
| 3 Egg/Oeuf             | 9 Sulphites/Sulfites      |
| 4 Soy/Soja             | 10 Crustacean/Crustacé    |
| 5 Tree Nut/Noix        | 11 Shellfish/Fruit de Mer |

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG

Preheat your broiler to **high** (to broil enchiladas).



**1 PREP**  
Wash and dry all produce.\* Peel, then mince or grate **garlic**. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Drain, then rinse **black beans**. On a clean cutting board, pat **chicken** dry with paper towel, then cut into ½-inch pieces.



**4 STUFF ENCHILADAS**  
Spray or wipe a 9x13-inch baking dish with **1 tbsp oil**. On a clean work surface, arrange **tortillas**. Over **half of each tortilla**, divide **chicken mixture**. Roll **tortillas** up to close. Place, seam-side down, in the prepared baking dish. Drizzle **half the red sauce** over **enchiladas**.



**2 COOK CHICKEN**  
Heat a large non-stick pan over high heat. When pan is hot, add **1 tbsp oil**, then **chicken**. Sprinkle over **1 tbsp Mexican seasoning**. Cook, stirring often, until **chicken** is cooked through, 5-7 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F.\*\*\*) Transfer **chicken** to a large bowl, then add **corn** and **black beans**. Stir to combine. Set aside.



**5 BROIL ENCHILADAS**  
In another large bowl, crumble **tortilla chips**. Add **cheese** and stir together. Sprinkle **tortilla chip mixture** over **assembled enchiladas**. Broil in **middle** of oven until **cheese** melts, 3-4 min. Meanwhile, in another small bowl, combine **sour cream**, **lime zest**, **lime juice** and **2 tbsp water**. Season with **salt** and **pepper**. Stir to combine.



**3 COOK RED SAUCE**  
Using the same pan, reduce heat to medium. Add another **1 tbsp oil**, then **tomato paste**, **garlic** and **remaining Mexican seasoning**. Cook, stirring often, until fragrant, 1-2 min. Meanwhile, in a small bowl, whisk together **1 ½ cups cold water** and **cornstarch**. Remove pan from heat. Add **cornstarch mixture** and stir together. Return pan to heat over medium-low. Cook, stirring often, until **sauce** is slightly thickened, 3-4 min.



**6 FINISH AND SERVE**  
Divide **enchiladas** between plates. Spoon over **remaining red sauce**. Dollop with **lime crema**. Squeeze over a **lime wedge**, if desired.

## ZESTY!

Adding lime zest and juice to sour cream makes a tangy topping!