



OCT
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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.



Chicken Thighs



Red Onion



Green Pepper



Enchilada
Seasoning



Flour Tortillas



Sour Cream



Cheddar Cheese



Cilantro



Enchilada Sauce

Ingredients

Chicken Thighs		2 pkg (680 g)
Red Onion, sliced		1 pkg (227 g)
Green Pepper		2
Enchilada Seasoning		1 pkg (1 tbsp)
Enchilada Sauce	3)	1 pkg (1 cup)
Cheddar Cheese, shredded	1)	1 pkg (113 g)
Sour Cream	1)	3 pkg (½ cup)
Cilantro		2 pkg (14 g)
Flour Tortillas, 6-inch	2)	8
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Milk/Lait
- 2) Wheat/Blé
- 3) Sulphites/Sulfites

Tools

9x13-inch Baking Dish, Large Pan, Measuring Cup

Nutrition per person Calories: 731 cal | Fat: 31 g | Protein: 48 g | Carbs: 58 g | Fibre: 2 g | Sodium: 404 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 Prep: Wash and dry all produce. Core, then cut the **green peppers** into ¼-inch strips. Coarsely chop the **cilantro**. Cut the **chicken** into thin strips.

3 Cook the chicken and veggies: Heat a large pan over medium-high. Add a drizzle of **oil**, then the the **onion** and **green pepper**. Cook until onion is soft, 3-4 min. Add the **chicken**. Cook until chicken is golden-brown, 3-4 min. Sprinkle over the **enchilada seasoning** and cook for 1 min. Pour in the **enchilada sauce**. Stir to combine.

4 Bake the enchiladas: Spray a 9x13-inch baking dish with some **oil** (or dip a piece of paper towel in some oil and wipe the inside of the dish!) 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. (You should be able to fit 8 enchiladas in a 9x13-inch baking dish!) Drizzle the tops with the **remaining enchilada sauce** from the pan, and sprinkle with the **cheddar cheese**. Broil in the centre of the oven until the cheese has melted and crisped up, 3-4 min (**TIP:** Keep your eye on it so it doesn't burn!)

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

LEFTOVER TIP: If you've got leftover tortillas, make dessert chips! Brush each tortilla with melted butter and sprinkle with cinnamon and sugar. Cut into wedges and arrange on a baking sheet. Bake in a 400°F oven until crispy, 5 min.

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