

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



level 1



Chicken Thighs



Red Onior



Green Pepper



Enchilada Seasonina



Flour Tortillas



Sour Crean



Cheddar Cheese



Cilantro



Enchilada Sauc

Ingredients		4 People
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*		

Allergens

1) Milk/Lait

*Not Included

- 2) Wheat/Blé
- 3) Sulphites/Sulfites

Tools

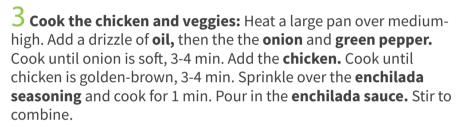
9x13-inch Baking Dish, Large Pan, Measuring Cup

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.



- Preheat your broiler to high. (To broil the enchiladas.)
- Prep: Wash and dry all produce. Core, then cut the green peppers into 1/4-inch strips. Coarsely chop the cilantro. Cut the chicken into thin strips.





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 1/4 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 9x13inch 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!)



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.