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KICKIN' CHICKEN ENCHILADA BAKE

with Pico de Gallo & Sour Cream

WHAT WE SEND (4 servings | 8 servings) **CALORIES 670** **PREP IN 15 MIN** **READY IN 45 MIN**

* Keep refrigerated

- | | | | | | | | |
|---|---|--|---|---|--|--|--|
| 
Red Onion
(1 2) | 
Cilantro *
(1 2) | 
Tomatoes *
(2 4) | 
Lime *
(1 2) | 
Long Green Pepper *
(1 2) | 
Garlic
(2 Cloves 4 Cloves) | 
Cornstarch
(1 2) | 
Tex-Mex Paste
(2 4) |
| 
Chicken Stock Concentrates
(4 8) | 
Chopped Chicken Breast *
(20 oz 40 oz) | 
Southwest Spice Blend
(1 2) | 
Flour Tortillas *
(2 4)
<i>Contains: Soy, Wheat</i> | 
Shredded Mexican Cheese Blend *
(1 2)
<i>Contains: Milk</i> | 
Shredded Monterey Jack *
(1 2)
<i>Contains: Milk</i> | 
Sour Cream *
(2 4)
<i>Contains: Milk</i> | |

WHAT YOU'LL NEED

Kosher Salt
Black Pepper

Cooking Oil
(1 tsp | 2 tsp)

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EveryPlate.com/referral

Want to enjoy this meal tomorrow (or next week)? You're in luck! Refrigerate any leftovers (or freeze for later and thaw in the fridge), then reheat on a microwave-safe plate until warmed through, 2–3 minutes. Your future self will thank you for stocking up with a ready-made dinner.

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 12 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 12-person meals, triple the amounts in the 4-serving recipe.) For CustomPlate nutritional information, please refer to EveryPlate.com.

1.


Adjust rack to top position (top and middle positions for 8 servings) and preheat oven to 425 degrees. Wash and dry produce. Halve, peel, and thinly slice onion; finely dice some of the slices until you have ¼ cup (½ cup for 8 servings). Roughly chop cilantro, including tender stems. Dice tomatoes into ½-inch pieces. Quarter lime. Halve, deseed, and slice green pepper into strips. Peel and finely chop garlic.

2.


Add diced onion, cilantro, half the tomatoes, and juice from lime wedges to a small bowl. Season with salt and pepper; stir to combine.

3.


In a medium microwave-safe bowl, whisk together cornstarch, half the Tex-Mex paste, one stock concentrate, and 1 cup hot water until smooth (two stock concentrates and 2 cups hot water for 8 servings). Cover with a paper towel and microwave 1 minute. Uncover; whisk until smooth. Cover and microwave until thickened, 30 seconds more. Whisk until smooth. (The sauce should be the consistency of gravy—if it isn't, continue microwaving and whisking in 30-second intervals.)

4.


Pat chicken dry with paper towels. Heat a drizzle of oil in a large pan over medium-high heat. Add green pepper and sliced onion to hot pan; cook, stirring occasionally, until beginning to soften, 1–2 minutes. Add chicken and garlic; cook, stirring occasionally, until chicken is browned and cooked through, 4–6 minutes. Add Southwest Spice Blend, remaining tomatoes, remaining stock concentrates, and remaining Tex-Mex paste to pan; stir to coat. Turn off heat.

5.


Place a small amount of filling on bottom half of each tortilla. Roll up tortillas, starting with filled sides, to form enchiladas. Place, seam sides down, in a 9-by-13-inch baking dish (use 2 baking dishes for 8 servings). Pour Tex-Mex sauce over enchiladas to thoroughly coat. Sprinkle with Mexican cheese blend and Monterey Jack. Bake on top rack (top and middle racks for 8) until sauce is bubbling and cheese melts, 3–5 minutes.

6.


Top enchiladas with pico de gallo and dollop with sour cream. Divide between plates or serve family style directly from baking dish.

Chicken is fully cooked when internal temperature reaches 165°. When reheating leftovers, be sure they reach 165° as measured with a food thermometer.

Kickin' Chicken Enchilada Bake

Nutrition Facts

4 servings per container

Serving size

1 (402g)

Amount per serving

Calories

670

% Daily Value*

Total Fat 27g **35%**

Saturated Fat 10g **50%**

Trans Fat 0g

Cholesterol 135mg **45%**

Sodium 2040mg **89%**

Total Carbohydrate 57g **21%**

Dietary Fiber 3g **11%**

Total Sugars 10g

Includes 5g Added Sugars **10%**

Protein 44g

Vitamin D 0mcg 0%

Calcium 220mg 15%

Iron 0.9mg 6%

Potassium 820mg 15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHOPPED CHICKEN BREAST, FLOUR TORTILLA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM AND/OR SOYBEAN AND/OR CANOLA AND/OR SUNFLOWER OIL, VEGETABLE SHORTENING, MONO- AND DIGLYCERIDES, SALT, WHEAT GLUTEN, RICE FLOWER, ENZYMES, SUGAR, BAKING POWDER (SODIUM BICARBONATE, CORNSTARCH, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, CALCIUM PHOSPHATE), CALCIUM PROPIOATE, FUMARIC ACID, SODIUM ALUMINUM PHOSPHATE, POTASSIUM SORBATE, SODIUM METABISULFITE, CELLULOSE POWDER, GUAR AND/OR XANTHAN GUM, SILICON DIOXIDE, L-CYSTEINE, SORBIC ACID, CITRIC ACID, PROPIONIC ACID, SODIUM PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, DICALCIUM PHOSPHATE, MAGNESIUM STEARATE), LONG GREEN PEPPER, TOMATO, ONION, LIME, SHREDDED MEXICAN CHEESE BLEND (OAXACA CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES), MANCHEGO (CULTURED PASTEURIZED MILK AND SKIM MILK, SEA SALT, ENZYMES, ANNATTO EXTRACT), MONTEREY JACK (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), MILD CHEDDAR (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO), ANTI-CAKING (POTATO STARCH, CELLULOSE, NATAMYCIN)) OR (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO), MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), ANTI-CAKING AGENT (POTATO STARCH, POWDERED CELLULOSE, NATAMYCIN)), SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, LACTIC ACID, NATURAL FLAVOR, CITRIC ACID, SODIUM TRIPOLYPHOSPHATE, CARRAGEENAN, CALCIUM SULFATE, POTASSIUM SORBATE, LOCUST BEAN GUM, GUAR GUM), TEX MEX PASTE (TOMATO PASTE, TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), FIRE ROASTED TOMATO PUREE, CHILI PUREE (CHILI PEPPER, SALT), ONION PUREE, SALT, WATER, SOYBEAN OIL, CHIPOTLE PEPPERS, ONIONS, CHILI PEPPERS, CAYENNE PEPPERS, SUGAR, TOMATO POWDER, MALTODEXTRIN, PAPRIKA, DISTILLED VINEGAR, SMOKED PAPRIKA, PAPRIKA OLEORESIN, MODIFIED CORN STARCH, GARLIC POWDER, MUSTARD, MALTODEXTRIN, CHIPOTLE CHILE, ALKALIZED COCOA POWDER, RICE VINEGAR, ONION POWDER, SPICES, PAPRIKA EXTRACT, NATURAL FLAVOR, XANTHAN GUM, SODIUM ACETATE, ACETIC ACID), CHICKEN STOCK CONCENTRATE (CHICKEN STOCK, MALTODEXTRIN, CHICKEN FAT, SUGAR, SALT, NATURAL FLAVOR, YEAST EXTRACT, XANTHAN GUM), SHREDDED MONTEREY JACK CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES, POTATO STARCH, POWDERED CELLULOSE, NATAMYCIN), CILANTRO, SOUTHWEST SPICE BLEND (GARLIC, CHILI POWDER (RED CHILI PEPPER, GARLIC, OREGANO, CUMIN, SALT) CUMIN, PAPRIKA, SILICON DIOXIDE, DEXTROSE, VEGETABLE OIL), CORNSTARCH, GARLIC, OLIVE OIL**.

CONTAINS: MILK, SOY, WHEAT

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Perishable Keep Refrigerated. It is recommended to consume recipes with shellfish and fish first. Produced in a facility that processes milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, sesame, and soy.

Net Wt. 60.2oz (1706.6g)

Kickin' Chicken Enchilada Bake

Nutrition Facts

8 servings per container

Serving size

1 (402g)

Amount per serving

Calories

670

% Daily Value*

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Saturated Fat 10g **50%**

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Net Wt. 120.5oz (3416.1g)

Kickin' Chicken Enchilada Bake

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6 servings per container

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1 (402g)

Amount per serving

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