



Cheesy Chicken Enchiladas

with Sour Cream

35 Minutes



Chicken Breasts



Red Onion



Green Bell Pepper



Mexican Seasoning



Cheddar Cheese, shredded



Sour Cream



Flour Tortillas



All-Purpose Flour



Chicken Broth Concentrate

HELLO DIY ENCHILADA SAUCE

Making your enchilada sauce couldn't be more simple - or tasty!

Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust Out

Measuring cups & spoons, medium pot, large non-stick pan, 8x8-inch baking dish, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Red Onion	113 g	113 g
Green Bell Pepper	200 g	400 g
Mexican Seasoning	1 tbsp	2 tbsp
Cheddar Cheese, shredded	½ cup	1 cup
Sour Cream	6 tbsp	12 tbsp
Flour Tortillas	6	12
All-Purpose Flour	1 tbsp	1 tbsp
Chicken Broth Concentrate	1	1
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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Make enchilada sauce

Heat a medium pot over medium heat. When hot, add **½ tbsp oil**, then **½ tbsp flour** (dbl both for 4 ppl). Stir together. Add **Mexican seasoning, broth concentrate** and **½ cup water** (dbl for 4 ppl). Bring to a boil then reduce the heat to medium-low. Simmer, until **sauce** is slightly thickened, 4-6 min. Remove from heat.



Assemble enchiladas

Lightly oil an 8x8-inch baking dish (9x13-inch for 4ppl) with **½ tbsp oil** (dbl for 4 ppl). Place **tortillas** on a clean work surface. Divide the **chicken mixture** between **tortillas**. Roll up to close and place, seam-side down, in the prepared baking dish.



Prep

Core, then cut **bell peppers** into ¼-inch strips. Peel, halve, then chop **half the onion** into ¼-inch pieces (whole onion for 4ppl). Working on a second cutting board, pat **chicken** dry with paper towel. Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, cutting all the way through. Thinly slice **chicken** into ¼-inch strips.



Bake enchiladas

Drizzle tops of **enchiladas** with **remaining enchilada sauce** and sprinkle over **cheese**. Broil in the **middle** of the oven, until **cheese** melts and edges of **tortillas** are slightly crispy, 3-4 min. (**TIP:** Keep an eye on enchiladas so they do not burn!)



Cook filling

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions** and **peppers**. Cook, stirring often, until **peppers** soften, 5-6 min. Transfer **veggies** to a plate. Add another **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **chicken** is golden and cooked through, 4-5 min. ** Return **veggies** to the pan. Stir in **half the enchilada sauce**.



Finish and serve

Divide **enchiladas** between plates. Dollop with **sour cream**.

Dinner Solved!