



# Chicken and Black Bean Enchiladas with Cheese, Wedges and Spring Onion

Family 40 Minutes • Mild Spice

7



Potatoes



Diced Chicken Breast



Garlic Clove



Mature Cheddar Cheese



Black Beans



Tomato Puree



Chipotle Paste



Chicken Stock Paste



Super Soft Tortilla with Whole Wheat



Spring Onion

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, frying pan, garlic press, grater, sieve, bowl and ovenproof dish.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Diced Chicken Breast**	280g	420g	560g
Garlic Clove**	2	3	4
Mature Cheddar Cheese** (7)	60g	90g	120g
Black Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	1 sachet	2 sachets	2 sachets
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Water for the Beans*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Super Soft Tortilla with Whole Wheat (13)	4	6	8
Spring Onion**	1	2	2

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	633g	100g
Energy (kJ/kcal)	3432 /820	543 /130
Fat (g)	20	3
Sat. Fat (g)	9	1
Carbohydrate (g)	95	15
Sugars (g)	8	1
Protein (g)	60	10
Salt (g)	3.17	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Wedge Time

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



## Get Prepped

While the **potatoes** cook, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **chicken** to the pan and season with **salt** and **pepper**. Cook until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. Meanwhile, peel and grate the **garlic** (or use a garlic press). Grate the **cheese**. Drain and rinse the **black beans** in a sieve. Put **half** the **beans** into a small bowl and roughly mash with the back of a fork.



## Add the Flavour

Once the **chicken** is browned, stir in the **garlic**, **tomato puree** and **chipotle paste** (use less if you don't like heat). Cook for 1 min, then pour in the **water for the beans** (see ingredients for amount), **chicken stock paste** and **black beans** (whole and crushed).



## Simmer the Filling

Bring to the boil, then reduce the heat to medium and simmer until the **sauce** has thickened and the **chicken** is cooked through, 4-5 mins. Stir occasionally. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. **TIP:** Continue cooking for a little longer if the sauce needs to thicken more, or add a splash of water to loosen.



## Bake the Enchiladas

Lay the **tortillas** on a board (2 per person), spoon the **filling** down the centre of each then roll them up to enclose the **filling**. Drizzle a little **oil** over the bottom of an ovenproof dish, then lay in the **wraps**. Pack them snugly, side by side, with the folded edge underneath so they don't unroll. Top with the **grated cheese**. Bake the **enchiladas** on the top shelf of your oven until golden, 10-12 mins.



## Finish and Serve

Meanwhile, trim and thinly slice the **spring onion**. Divide the **enchiladas** between your plates and serve with the **wedges** alongside. Finish with a sprinkle of **spring onion**.

Enjoy!