



# CHEESY CHICKEN ENCHILADAS

with Tomato Salad & Greek Yoghurt



Learn how to shred chicken



Chicken Breast



Carrot



Sweetcorn



Red Onion



Garlic



Tex-Mex Spice Blend



Crushed & Sieved Tomatoes



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Greek Yoghurt



Spring Onion

Hands-on: **30 mins**  
Ready in: **45 mins**

Eat me early

These enchiladas filled with succulent shredded chicken and corn are definitely worthy of an important dinner conversation. So pick some hot topics and dust off your dialogue, you're in for a good old-fashioned family dinner tonight.

**Pantry Staples:** Olive Oil, Vinegar (White Wine Or Balsamic)

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **large frying pan** • **oven tray** lined with **baking paper** • **large baking dish**



### 1 COOK THE CHICKEN

Preheat the oven to **200°C/180°C fan-forced**. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Season the **chicken breast** on both sides with a **pinch of salt** and **pepper** and cook until golden, **2 minutes** each side. Transfer the chicken to an oven tray lined with baking paper and bake until cooked through, **8-12 minutes**. Transfer to a board and shred using two forks, or finely chop if you prefer.



### 2 PREP THE FILLING

While the chicken is cooking, grate the **carrot** (unpeeled). Drain the **sweetcorn**. Thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press).



### 3 COOK THE FILLING

**3 SPICY!** If you are sensitive to heat, feel free to use less of the spice blend. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook until softened, **4-5 minutes**. Add the **corn** and **carrot** and cook until tender, **3 minutes**. Add the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**. Add the **crushed & sieved tomatoes** (see ingredients list), **water**, shredded **chicken** and season to taste with **salt** and **pepper**. Stir to combine.



### 4 ASSEMBLE THE ENCHILADAS

**Drizzle** a large baking dish with **olive oil**. Lay the **mini flour tortillas** on a chopping board. Spoon the **enchilada filling** down the centre of a tortilla. Roll the tortilla up tightly and place, seam-side down, in the large baking dish. Repeat with the remaining tortillas and filling. Sprinkle with the **shredded Cheddar cheese** and bake until golden, **15 minutes**.



### 5 MAKE THE SALAD

While the enchiladas are baking, roughly chop the **tomato**. In a medium bowl, combine the tomato, **vinegar** and a **drizzle of olive oil**. Season with a **pinch of salt** and **pepper** and set aside. Thinly slice the **spring onion**.



### 6 SERVE UP

Divide the cheesy chicken enchiladas between plates and top with some **Greek yoghurt**. Serve the tomato salad on the side. Garnish with the spring onion.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
chicken breast	1 packet
carrot	2
sweetcorn	1 tin (300 g)
red onion	1
garlic	2 cloves
Tex-Mex spice blend	2 sachets
crushed & sieved tomatoes	¾ tin (300 g)
water*	¼ cup
mini flour tortillas	12
shredded Cheddar cheese	1 packet (100 g)
tomato	4
vinegar* (white wine or balsamic)	½ tsp
spring onion	1 bunch
Greek yoghurt	2 packets (200 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3480kJ (832Cal)	511kJ (122Cal)
Protein (g)	56.3g	8.3g
Fat, total (g)	33.0g	4.8g
- saturated (g)	9.3g	1.4g
Carbohydrate (g)	70.3g	10.3g
- sugars (g)	19.1g	2.8g
Sodium (g)	1400mg	206mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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