



Chicken & Charred Corn Enchiladas

with Tomato Salsa & Sour Cream

Grab your Meal Kit with this symbol



Carrot



Garlic



Brown Onion



Chicken Thigh



Sweetcorn



Tex-Mex Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Coriander



Sour Cream

Hands-on: 30 mins
 Ready in: 40 mins

Eat me early

This easy dinner is guaranteed to put smiles on everyone's dials. With tasty mouthfuls of Tex-Mex spiced chicken covered in rich enchilada sauce and gooey melted cheese, what's not to like?

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Large baking dish

Ingredients

	4 People
olive oil*	refer to method
carrot	1
garlic	3 cloves
brown onion	1
chicken thigh	1 packet
sweetcorn	1 tin
Tex-Mex spice blend	1 sachet
enchilada sauce	2 packets (280g)
mini flour tortillas	12
shredded Cheddar cheese	1 packet (100g)
tomato	2
coriander	1 bunch
white wine vinegar*	1 tsp
sour cream	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3060kJ (731Cal)	532kJ (127Cal)
Protein (g)	41.9g	7.3g
Fat, total (g)	31.9g	5.5g
- saturated (g)	11.9g	2.1g
Carbohydrate (g)	63.3g	11.0g
- sugars (g)	15.3g	2.7g
Sodium (g)	1680mg	292mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Grate the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Cut the **chicken thigh** into 1cm chunks. Drain the **sweetcorn**.



4. Bake the enchiladas

Place the **mini flour tortillas** on a flat surface and fill with a tablespoon of the enchilada filling. Roll the **tortillas** to enclose the filling and place, seam-side down, in a large baking dish. Spoon the **remaining enchilada sauce** over the tortillas and top with the **shredded Cheddar cheese**. Bake until the cheese is golden, **10-15 minutes**.



2. Char the corn

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing, until lightly charred, **5 minutes**. Transfer to a bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



5. Make the salsa

While the enchiladas are baking, roughly chop the **tomato** and **coriander**. In a medium bowl, combine the **tomato**, **coriander**, **remaining charred corn**, **white wine vinegar** and a **pinch** of **salt** and **pepper**. Stir to combine.



3. Cook the enchilada filling

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and **Tex-Mex spice blend** and cook, stirring, until browned, **2-3 minutes**. Add the **carrot** and **brown onion** and cook until softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add **1/2** the **enchilada sauce** and return **1/2** the charred **corn** to the pan. Stir to combine and season generously to taste with **salt** and **pepper**.



6. Serve up

Divide the enchiladas between plates and serve with a dollop of **sour cream** and the tomato salsa.

Enjoy!