

CHEESY CHICKEN ENCHILADAS

with Pickled Onion & Cos Salad





Add pickled onion to enchiladas













Chicken Thigh



Tex-Mex Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar



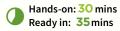
Coriander



Cos Lettuce



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





These easy chicken enchiladas get their signature cheesy topping from some time under the grill, making them a faster and simpler way to enjoy the classic Mexican flavours!

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



Thinly slice the red onion (see ingredients list). In a small bowl, combine the rice wine vinegar, water and a good pinch of sugar and salt. Scrunch the onion in your hands, then add it to the pickling liquid. Stir to coat, then set aside until serving time.



2 GET PREPPEDFinely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled) and **zucchini**. Cut the **chicken thigh** into 2cm chunks. In a medium bowl, combine the **chicken** and **Tex-Mex spice blend** with a **drizzle** of **olive oil**. Toss well to coat.



MAKE THE FILLING
In a large frying pan, heat a drizzle of
olive oil over a medium-high heat. When the
oil is hot, add the chicken and cook, stirring,
until browned, 5-6 minutes. Add the carrot
and zucchini and cook, stirring, until just
softened, 2-3 minutes. Add the garlic and
cook, stirring, until fragrant, 1 minute. Add
1/2 the enchilada sauce and cook, stirring,
until just heated through, 1 minute. Remove
from the heat. Season to taste with salt and
pepper. Preheat the grill to medium-high.



GRILL THE TORTILLAS
Line the base of a medium baking dish with baking paper. Lay the mini flour tortillas on a chopping board. Spoon the chicken mixture down the centre of a tortilla, roll the tortilla up tightly and place, seam-side down, in the baking dish. Repeat with the remaining tortillas and chicken mixture, ensuring the tortillas fit snugly together in the dish. Spoon the remaining enchilada sauce over the tortillas and sprinkle with shredded Cheddar cheese. Grill the enchiladas until the cheese is melted and golden, 5-8 minutes.



DRESS THE LETTUCE

While the enchiladas are grilling, roughly chop the coriander. In a large bowl, combine onion pickling liquid (1 tsp for 2 people / 2 tsp for 4 people), olive oil (2 tsp for 2 people / 1 tbs for 4 people) and a pinch of salt and pepper. Add the cos lettuce mix and toss well to combine. **TIP: Toss the salad just before serving to keep the leaves crisp.



SERVE UP
Drain the remaining liquid from the pickled onion. Divide the chicken enchiladas between plates and top with Greek yoghurt and pickled onion. Sprinkle with coriander and serve the salad on the side.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1/2	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
water*	¼ cup	½ cup
garlic	2 cloves	4 cloves
carrot	1	2
zucchini	1	2
chicken thigh	1 packet	1 packet
Tex-Mex spice blend	1 sachet	2 sachets
enchilada sauce	1 packet (150 g)	1 packet (300 g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
coriander	1 bag	1 bag
cos lettuce mix	1 bag (30 g)	1 bag (60 g)
Greek yoghurt	1 packet (100 g)	2 packets (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3500kJ (837Cal)	517kJ (124Cal)
Protein (g)	53.1g	7.8g
Fat, total (g)	38.8g	5.7g
- saturated (g)	12.7g	1.9g
Carbohydrate (g)	63.4g	9.4g
- sugars (g)	18.0g	2.7g
Sodium (g)	1770mg	261mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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Hello@HelloFresh.com.au

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