



# Cheesy Chicken Enchiladas

with Greek Yoghurt

Grab your Meal Kit with this symbol



Chicken Breast



Carrot



Sweetcorn



Red Onion



Garlic



Tex-Mex Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Tomato



Coriander



Greek Yoghurt

Hands-on: **30-40 mins**  
Ready in: **45-55 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 items

Olive Oil, Vinegar (White Wine or Balsamic)



## 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 · Oven tray lined with baking paper

### Ingredients

	4 People
olive oil*	refer to method
chicken breast	1 medium packet
carrot	2
sweetcorn	1 tin (300g)
red onion	1
garlic	2 cloves
Tex-Mex spice blend	1 sachet
enchilada sauce	1 packet (300g)
mini flour tortillas	12
shredded Cheddar cheese	1 packet (100g)
cucumber	1
tomato	2
vinegar* (white wine or balsamic)	½ tsp
coriander	1 bag
Greek yoghurt	2 packets (200g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3180kJ (759Cal)	473kJ (113Cal)
Protein (g)	47.7g	7.1g
Fat, total (g)	30.2g	4.5g
- saturated (g)	10.6g	1.6g
Carbohydrate (g)	67.6g	10.1g
- sugars (g)	20.1g	3.0g
Sodium (g)	1690mg	252mg

### Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 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 chopping board and shred using two forks, or finely chop if you prefer.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## 4. Bake 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 baking dish. Repeat with the **remaining tortillas** and **filling**. Pour over the **remaining enchilada sauce** and sprinkle with the **shredded Cheddar cheese**. Bake until golden, **15 minutes**.



## 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).



## 5. Make the salad

While the enchiladas are baking, roughly chop the **cucumber** and **tomato**. In a medium bowl, combine the **cucumber**, **tomato**, **vinegar** and a **drizzle** of **olive oil**. Season with a **pinch** of **salt** and **pepper**. Roughly chop the **coriander**.



## 3. Cook the filling

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 **sweetcorn** and **carrot** and cook until tender, **3 minutes**. Add the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**. Add the shredded **chicken** and **1/2** the **enchilada sauce** to the frying pan and stir to combine. Stir through a **splash** of **water** if the filling looks dry. Season to taste with **salt** and **pepper** and stir to combine.



## 6. Serve up

Divide the cheesy chicken enchiladas between plates and top with some **Greek yoghurt**. Sprinkle with the coriander. Serve the tomato and cucumber salad on the side.

**Enjoy!**