



# CHICKEN & CHARRED CORN ENCHILADAS

with Tomato Salsa



Char corn for a smoky flavour



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 Mexican spiced chicken covered in rich enchilada sauce and gooey melted cheese, what's not to like?

**Pantry Staples:** Olive Oil, White Wine Vinegar



## BEFORE YOU START

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



### 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**.



### 2 START THE FILLING

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing, until lightly charred, **5 minutes**. **TIP:** Cover the pan with a lid or foil if the corn kernels are "popping" out. Transfer to a bowl. 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.



### 3 FINISH THE FILLING

Add the **carrot** and **onion** to the pan with the chicken 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 with **salt** and **pepper**.



### 4 BAKE THE ENCHILADAS

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



### 5 MAKE THE SALSA

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



### 6 SERVE UP

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

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
carrot	1
garlic	3 cloves
brown onion	1
chicken thigh	1 packet
sweetcorn	1 tin (300g)
Tex-Mex spice blend	1 sachet
enchilada sauce	1 packet (300g)
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)	3140kJ (749Cal)	544kJ (130Cal)
Protein (g)	42.1g	7.3g
Fat, total (g)	34.4g	6.0g
- saturated (g)	12.6g	2.2g
Carbohydrate (g)	62.9g	10.9g
- sugars (g)	15.6g	2.7g
Sodium (g)	1690mg	294mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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