



Chicken & Charred Corn Enchiladas

with Tomato Salsa

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



Greek Yoghurt

Hands-on: 20-30 mins
Ready in: 30-40 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 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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
brown onion	½	1
chicken thigh	1 small packet	1 large packet
sweetcorn	1 tin (115g)	1 tin (300g)
Tex-Mex spice blend	½ sachet	1 sachet
enchilada sauce	1 sachet (150g)	1 sachet (300g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
coriander	1 bag	1 bag
white wine vinegar*	½ tsp	1 tsp
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3231kJ (772Cal)	487kJ (116Cal)
Protein (g)	52.4g	7.9g
Fat, total (g)	29.3g	4.4g
- saturated (g)	10.9g	1.6g
Carbohydrate (g)	67.1g	10.1g
- sugars (g)	22.1g	3.3g
Sodium (mg)	1318mg	199mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/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** (see ingredients list). 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 spoonfuls of the **enchilada 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 top with **shredded Cheddar cheese**. Bake until the cheese is golden, **10-15 minutes**.



2. Start the enchilada filling

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing, until lightly charred, **5 minutes**. 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** (see ingredients list) and cook, stirring, until browned, **2-3 minutes**.

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



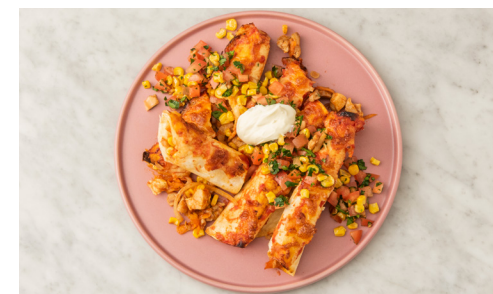
5. Make the salsa

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 **coriander** (reserve a pinch for garnish). Season to taste.



3. Finish the enchilada filling

Add the **onion** and **carrot** to 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. Season to taste.



6. Serve up

Divide the enchiladas between plates and serve with the **Greek yoghurt** and the tomato salsa. Garnish with the reserved coriander.

Enjoy!