



APR
2016

Skillet Seitan Enchiladas

with Poblano and Monterey Jack Cheese

We've officially fallen in love with seitan! This Japanese wheat-based protein is paired with boldly spiced enchilada sauce, lending this dish a deliciously smoky flavor. Of course, the best part is the gooey cheese on top!



Prep: 15 min
Total: 45 min



level 2



veggie



nut
free



Seitan Crumbles



Flour Tortillas



Enchilada Spice
Blend



Chiptole Powder



Poblano Peppers



Yellow Onion



Vegetable Stock
Concentrate



Monterey Jack
Cheese





Tomato Paste



Flour

Ingredients

		2 People	4 People
Seitan	1) 2)	8 oz	16 oz
Flour Tortillas	1)	6	12
Enchilada Spice Blend 		1 ½ T	3 T
Chipotle Powder 		1 t	2 t
Poblano Pepper		1	2
Yellow Onion		1	2
Vegetable Stock Concentrate		1	2
Monterey Jack Cheese	3)	½ Cup	1 Cup
Tomato Paste		1 T	2 T
Flour	1)	1 T	2 T
Olive Oil*		1T + 1 t	2T + 2 t

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Milk

Tools

Strainer, Large Pan, Large oven-proof pan, Whisk

Nutrition per person Calories: 703 cal | Fat: 29 g | Sat. Fat: 9 g | Protein: 46 g | Carbs: 78 g | Sugar: 6 g | Sodium: 1214 mg | Fiber: 5 g

Ruler

0 in ¼ in ½ in ¾ in 1 in

1



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 450 degrees. Halve, peel, and thinly slice the **onion**. Core, seed, and thinly slice the **poblano**. Drain the **seitan**.

2



2 Cook the filling: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **onion** and **poblano** and cook, tossing for 5-6 minutes, until softened and slightly charred. Add the **seitan** to the pan along with **2 teaspoons enchilada spice blend** (we sent more), and **1 teaspoon chipotle powder**. Cook, tossing for 3-4 minutes, until warmed through and fragrant. Set the mixture aside and rinse out the pan.

3



3 Make the enchilada sauce: Heat **1 Tablespoon olive oil** in the same pan over medium-low heat. Whisk in the **flour** and stir for about 1 minute. Add the remaining **enchilada spice** and whisk for 30 seconds, until fragrant. Whisk in **1 Tablespoon tomato paste** and cook, stirring for 1 minute. Add **1 ½ cups water** and the **vegetable stock concentrate** and whisk to thoroughly combine.

5



4 Simmer: Bring the **enchilada sauce** to a simmer and cook for 5-7 minutes, until thickened. Remove from the heat and season with **salt** and **pepper**. Reserve $\frac{3}{4}$ of the enchilada sauce, keeping the remaining $\frac{1}{4}$ in the pan.

5 Assemble the enchiladas: Divide the **seitan filling** between the **tortillas**, and roll each tortilla up to seal. Place the rolled tortillas into a large over-proof pan, seam side down. Pour the reserved **enchilada sauce** on top, spooning over extra sauce from the bottom of the pan to coat the enchiladas. Sprinkle with **Monterey Jack cheese** and place in the oven for about 10 minutes, until melted and bubbly. **HINT:** if you don't have an oven-proof pan, transfer the enchiladas to a baking dish (ours is 9"x13").

6 Serve the **skillet seitan enchiladas** right out of the pan and enjoy!

Share your masterpiece! Tag your photos with #HelloFreshPics and share on you'll be entered into our weekly photo contest!

