



CHEESY CHICKEN ENCHILADAS

with Sour Cream and Cilantro



HELLO

DIY ENCHILADA SAUCE

Making your own couldn't be more simple

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 696



Chicken Thighs, cubed



Red Onion, sliced



Green Bell Pepper



Mexican Seasoning



Cheddar Cheese, shredded



Sour Cream



Cilantro



Flour Tortillas, 6-inch



All-Purpose Flour



Chicken Broth Concentrate

BUST OUT

- Small Pot
- Measuring Spoons
- Measuring Cups
- Medium Pan
- 9x13-inch Baking Dish
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Chicken Thighs, cubed 2 pkg (570 g)
- Red Onion, sliced 1 pkg (227 g)
- Green Bell Pepper 454 g
- Mexican Seasoning 1 pkg (3 tbsp)
- Cheddar Cheese, shredded 2 113 g
- Sour Cream 2 1 pkg (½ cup)
- Cilantro 1 pkg (10 g)
- Flour Tortillas, 6-inch 1 10
- All-Purpose Flour 1 1 pkg (1 tbsp)
- Chicken Broth Concentrate 1

ALLERGENS ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

START STRONG

Preheat your broiler to **high** (to broil the enchiladas).



1 MAKE SAUCE

Heat a small pot over medium heat. Add a drizzle of **oil** then sprinkle with the **flour**. Stir together. Add **2 tbsp Mexican seasoning, broth concentrate** and **1 cup water**. Bring to a boil, then reduce the heat to medium-low. Simmer until slightly thickened, 10-12 min.



2 PREP

Wash and dry all produce.* Meanwhile, core, then cut the **bell peppers** into ¼-inch strips. Roughly chop the **cilantro**.



3 COOK FILLING

Heat a medium pan over medium-high. Add a drizzle of **oil**, then the **onion** and **bell peppers**. Cook until the onion softens, 4-5 min. Add the **chicken** and **remaining Mexican seasoning**. Cook until the chicken is golden-brown, 4-5 min. Stir in **half the enchilada sauce**.



4 ASSEMBLE ENCHILADAS

Spray or wipe a 9x13-inch baking dish with some **oil**. Place one **tortilla** on your cutting board. Top with **¼ cup chicken mixture**. Roll up to close and place, seam side down, in the prepared baking dish. Repeat with the remaining tortillas and chicken mixture.



5 BAKE ENCHILADAS

Drizzle the tops of the **enchiladas** with the **remaining enchilada sauce** and sprinkle with **cheddar cheese**. Broil in the centre of the oven until the cheese has melted and crisped, 3-4 min.



6 FINISH AND SERVE

Divide the **enchiladas** between plates. Dollop with **sour cream** and sprinkle with **cilantro**.

OOEY GOOEY!

Enough cheesy goodness to make your insides melt.