



CHEESY CHICKEN ENCHILADAS

with Pickled Onion & Cos Salad



Add pickled onion to enchiladas



Red Onion



Garlic



Carrot



Chicken Thigh



Tex-Mex Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Tomato



Coriander



Cos Lettuce Mix



Greek Yoghurt

Hands-on: **30 mins**
Ready in: **35 mins**

Eat me early

These easy chicken enchiladas get their signature cheesy topping from some time under the grill, making them a faster and simpler way to enjoy the classic Mexican flavours!

Pantry Staples: Olive Oil, Rice Wine Vinegar
(Or 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** • **medium baking dish**



1 PICKLE THE ONION

Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar**, **water** and a **good pinch** of **sugar** and **salt**. Scrunch the onion in your hands, then add it to the pickling liquid. Stir to coat, then set aside until serving time.



2 GET PREPPED

Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Cut the **chicken thigh** into 2cm chunks. In a medium bowl, combine the **chicken** and **Tex-Mex spice blend** with a **drizzle** of **olive oil**. Toss well to coat.



3 MAKE THE FILLING

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **chicken** and cook, stirring, until browned, **5-6 minutes**. Add the **carrot** and cook, stirring, until just softened, **2-3 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add **1/2** the **enchilada sauce** and cook, stirring, until just heated through, **1 minute**. Remove from the heat. Season to taste with **salt** and **pepper**. Preheat the grill to medium-high.



4 GRILL THE TORTILLAS

Line the base of a medium baking dish with baking paper. Lay the **mini flour tortillas** on a chopping board. Spoon the **chicken mixture** 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 chicken mixture, ensuring the tortillas fit snugly together in the dish. Spoon the **remaining enchilada sauce** over the tortillas and sprinkle with **shredded Cheddar cheese**. Grill the enchiladas until the cheese is melted and golden, **5-8 minutes**.



5 DRESS THE LETTUCE

While the enchiladas are grilling, roughly chop the **tomato** and **coriander**. In a large bowl, combine **onion pickling liquid** (**1 tsp for 2 people / 2 tsp for 4 people**), **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**) and a **pinch** of **salt** and **pepper**. Add the **cos lettuce mix** and **tomato** and toss well to combine.
TIP: Toss the salad just before serving to keep the leaves crisp.



6 SERVE UP

Drain the remaining liquid from the pickled onion. Divide the chicken enchiladas between plates and top with **Greek yoghurt** and pickled onion. Sprinkle with coriander and serve the salad on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	½	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
water*	¼ cup	½ cup
garlic	2 cloves	4 cloves
carrot	1	2
chicken thigh	1 packet	1 packet
Tex-Mex spice blend	1 sachet	2 sachets
enchilada sauce	1 packet (150g)	1 packet (300g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
coriander	1 bunch	1 bunch
cos lettuce mix	1 bag (30 g)	1 bag (60 g)
Greek yoghurt	1 packet (100g)	2 packets (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3500kJ (837Cal)	517kJ (124Cal)
Protein (g)	53.1g	7.8g
Fat, total (g)	38.8g	5.7g
- saturated (g)	12.7g	1.9g
Carbohydrate (g)	63.4g	9.4g
- sugars (g)	18.0g	2.7g
Sodium (g)	1770mg	261mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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