



Cheesy BBQ Chicken Enchiladas

with Turnip Salad & Yoghurt

Grab your Meal Kit with this symbol



Garlic



Carrot



Onion



Salad Leaves



White Turnip



Chicken Breast



Barbecue Seasoning



Tomato Sugo



Mini Flour Tortillas



Shredded Cheddar Cheese



Greek-Style Yoghurt

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 30-40 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 smoky flavours!

Pantry items

Olive Oil, Butter, 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 · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
onion	1 (medium)	1 (large)
salad leaves	1 small bag	1 medium bag
white turnip	1	2
chicken breast	1 packet	1 packet
barbecue seasoning	1 sachet	2 sachets
butter*	20g	40g
tomato sugo	1 packet (200g)	1 packet (400g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3217kJ (769Cal)	530kJ (127Cal)
Protein (g)	51.6g	8.5g
Fat, total (g)	33.4g	5.5g
- saturated (g)	18.5g	3g
Carbohydrate (g)	67.6g	11.1g
- sugars (g)	18.5g	3g
Sodium (mg)	2149mg	354mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2022 | CW16



Get prepped

Preheat grill to medium-high. Finely chop **garlic**. Grate **carrot**. Roughly chop **onion** and **salad leaves**. Thinly slice **white turnip**. Cut **chicken breast** into 2cm chunks.

Little cooks: Kids can help peel off the onion's outer layer (we recommend wearing goggles to avoid onion tears!).



Assemble & grill the enchiladas

Grease a baking dish with a drizzle of **olive oil**. Lay a **mini flour tortilla** on a flat surface. Spoon **chicken filling** down the centre of a **tortilla**. Roll **tortilla** up tightly and place, seam-side down, in the baking dish. Repeat with remaining **tortillas** and **chicken filling**, ensuring they fit together snugly in the baking dish. Sprinkle with **shredded Cheddar cheese**. Grill **enchiladas** until cheese is melted and tortillas have warmed through, **8-10 minutes**.

Little cooks: Kids can take charge of assembling the enchiladas!



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a bowl.



Make the salad

While the enchiladas are cooking, combine **salad leaves**, **turnip** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste.



Make the filling

Return the pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** and **carrot**, tossing occasionally, until tender, **4-5 minutes**. Add **garlic**, **barbecue seasoning** and the **butter** and cook until fragrant, **1 minute**. Add **tomato sugo** and a splash of **water**, then return **chicken** to the pan. Season with **salt** and **pepper**, then stir to combine and cook until slightly reduced, **1 minute**.



Serve up

Divide cheesy BBQ chicken enchiladas between plates. Top with turnip salad and **Greek-style yoghurt** to serve.

Enjoy!