



# Cheesy Chicken Enchiladas

with Cucumber Salsa & Yoghurt

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Carrot



Onion



Cucumber



Radish



Chicken Thigh



Aussie Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Greek-Style Yoghurt



Mild Chorizo

Prep in: 20-30 mins  
Ready in: 30-40 mins

Eat Me Early

Cheese is the key to almost everything, and these enchiladas are packed with Cheddar cheese and a variety of other tasty additions. Bite in and discover the saucy chicken with veggies hidden inside. On the outside the cheese is melted over and cooled down with a dollop of yoghurt.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
onion	1 (medium)	1 (large)
cucumber	1 (medium)	1 (large)
radish	2	3
chicken thigh	1 packet	1 packet
Aussie spice blend	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
<b>white wine vinegar*</b>	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
mild chorizo**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3217kJ (768Cal)	530kJ (126Cal)
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

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4497kJ (1074Cal)	636kJ (152Cal)
Protein (g)	69.7g	9.9g
Fat, total (g)	58.7g	8.3g
- saturated (g)	28.2g	4g
Carbohydrate (g)	69.6g	9.8g
- sugars (g)	18.5g	2.6g
Sodium (mg)	3039mg	430mg

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

## We're here to help!

Scan here if you have any questions or concerns



2023 | CW20



## Get prepped

- Preheat grill to medium-high. Finely chop **garlic**. Grate the **carrot**. Roughly chop **onion**, **cucumber** and **radish**.
- Cut **chicken thigh** into 2cm chunks.

**Little cooks:** Under adult supervision, older kids can help grate the carrot.

**Custom Recipe:** If you've added mild chorizo to your meal, finely chop the chorizo.



## Assemble the enchiladas

- Grease a baking dish with a drizzle of **olive oil**. Lay a **mini flour tortilla** on a flat surface. Spoon some **chicken mixture** down the centre of 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:** 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.

**Custom Recipe:** Cook chorizo with the chicken, tossing until golden, 6-7 minutes.



## Make the salsa

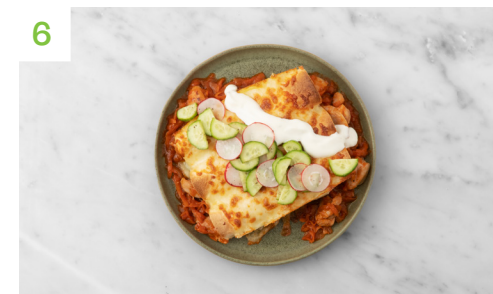
- Meanwhile, combine **cucumber**, **radish** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste.



## 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**, **Aussie spice blend** and the **butter** and cook until fragrant, **1 minute**.
- Add **enchilada sauce** 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**.

**Custom Recipe:** Return chorizo to the pan along with the chicken.



## Serve up

- Divide cheesy chicken enchiladas between plates.
- Top with cucumber salsa and **Greek-style yoghurt** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)