



Cheesy BBQ Chicken Enchiladas

with Cucumber Salsa & Yoghurt

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Carrot



Onion



Cucumber



Radish



Chicken Thigh



Barbecue Seasoning



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
olive oil*	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
barbecue seasoning	1 sachet	2 sachets
butter*	20g	40g
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
white wine vinegar*	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 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

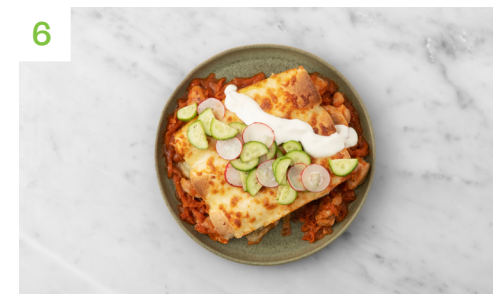
- Meanwhile, combine **cucumber**, **radish** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste.



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**, **barbecue seasoning** 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 BBQ chicken enchiladas between plates.
- Top with cucumber salsa and **Greek-style yoghurt** to serve. Enjoy!

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