



MEXICAN CHICKEN TORTILLA BAKE

with Sour Cream



Use tortillas to make a pie crust



Green Capsicum



Carrot



Garlic



Chicken Thigh



Sweetcorn



Mini Flour Tortillas



Tex-Mex Spice Blend



Chopped Tomatoes



Chicken Stock



Shredded Cheddar Cheese



Coriander



Sour Cream

Hands-on: **20 mins**
Ready in: **35 mins**

Eat me early

Here's a recipe for success: Tex-Mex chicken, melted cheddar and sour cream, all coming together in perfect harmony. It's bubbling and oozy, with soft tortilla soaked in sauce below and crispy edges up top – how could it not impress?

Pantry Staples: Olive Oil, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium baking dish** • **large frying pan**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Roughly chop the **green capsicum**. Grate the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). Cut the **chicken thigh** into 1cm pieces. Drain the **sweetcorn**.



2 CRISP THE TORTILLAS

Grease a deep medium baking dish. Arrange the **mini flour tortillas** in the baking dish, overlapping them slightly to cover the base and sides with minimal gaps.
TIP: Cut the tortillas if necessary to make them fit. Bake the **tortillas** until slightly golden and crispy, **5 minutes**. Remove from the oven and set aside.



3 COOK THE CHICKEN

While the tortillas are baking, heat a **drizzle of olive oil** in a large frying pan over a high heat. Add the **chicken thigh** and cook, tossing, until browned, **2-3 minutes**. Transfer to a plate (the chicken will finish cooking in step 5).



4 MAKE THE FILLING

SPICY! This is a mild spice blend, but if you or the kids are very sensitive to spice, you may want to add less. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **capsicum, carrot** and **sweetcorn** and cook, stirring, until softened, **5 minutes**. Add the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1-2 minutes**. Add the **chopped tomatoes, brown sugar** and **chicken stock**. Simmer until slightly thickened, **2 minutes**. Return the **chicken** (plus any resting juices) to the pan and stir to combine.



5 BAKE THE PIE

Pour the **chicken filling** into the tortilla-lined dish. Sprinkle the **shredded Cheddar cheese** over the filling and bake until the **cheese** has melted and the **tortillas** are golden, **10-12 minutes**. While the tortilla bake is in the oven, roughly chop the **coriander**.



6 SERVE UP

Divide the Mexican chicken tortilla bake between plates and top with a dollop of **sour cream**. Sprinkle with the coriander.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
green capsicum	1
carrot	2
garlic	2 cloves
chicken thigh	1 packet
sweetcorn	1 tin
mini flour tortillas	6
Tex-Mex spice blend	2 sachets
chopped tomatoes	1 tin
brown sugar*	1 tsp
chicken stock	1 sachet
shredded Cheddar cheese	2 packets (100g)
coriander	1 bunch
sour cream	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3550kJ (847Cal)	565kJ (135Cal)
Protein (g)	51.2g	8.2g
Fat, total (g)	35.6g	5.7g
- saturated (g)	14.3g	2.3g
Carbohydrate (g)	71.7g	11.4g
- sugars (g)	31.1g	5.0g
Sodium (g)	5100mg	812mg

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
Hello@HelloFresh.co.nz

2019 | WK48

