



Cheesy Chicken Enchiladas

with guacamole and tomato salsa

Family Quick Cook 25-30 mins

19



Diced Chicken Breast



Tortilla



Tomato



Ketchup



Ground Cumin



Lemon



Grated Cheese



Avocado



Scallion



Carrot



Chipotle Paste

Pantry Items: Oil, Salt, Pepper, Water, Sugar



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, oven dish

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Tortilla	8 units	16 units
Tomato	2 units	4 units
Ketchup	1 sachet	2 sachets
Ground Cumin	1 sachet	2 sachets
Lemon	1 unit	2 units
Grated Cheese	50 g	100 g
Avocado	1 unit	2 units
Scallion	2 units	4 units
Carrot	1 unit	2 units
Chipotle Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	603.5 g	100 g
Energy (kJ/kcal)	3456 kJ/ 826 kcal	572.7 kJ/ 136.9 kcal
Fat (g)	37.9 g	6.3 g
Sat. Fat (g)	14.1 g	2.3 g
Carbohydrate (g)	79.6 g	13.2 g
Sugars (g)	14.4 g	2.4 g
Protein (g)	49.7 g	8.2 g
Salt (g)	3.4 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

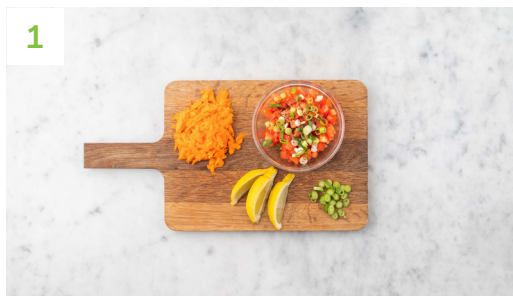
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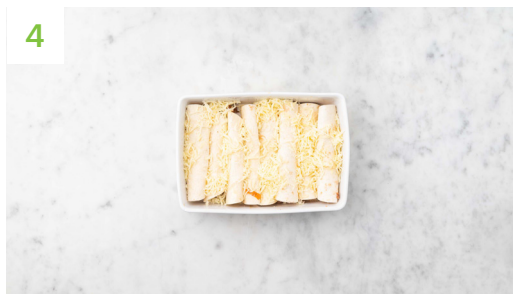


You can recycle me!



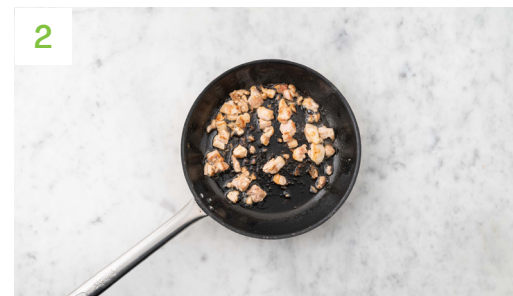
Get Prepped

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Halve the **lemon**. Cut **half** into thick wedges and juice the rest.
- Chop the **tomato** into small pieces.
- Trim and grate the **carrot** (no need to peel). Trim and thinly slice the **scallion**.
- In a bowl, mix the **tomato** with **half** the **scallion** then season with **salt, pepper** and 1 tsp **lemon** juice (double for 4p).



Bake the Enchiladas

- Lay the **tortillas** out on a board, spoon some of the **chicken** filling down the centre of each, then roll up to enclose.
- Drizzle a little **oil** into the bottom of an ovenproof dish and lay in the enchiladas.
- Pack them snugly, side by side, with the folded edge underneath so they don't unroll.
- Top with the **grated cheese**.
- Bake on the top shelf of your oven until the **cheese** is melted, 8-10 mins.



Fry the Chicken

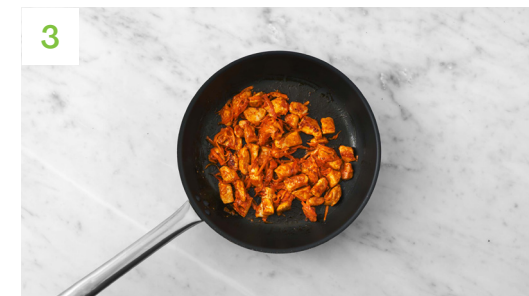
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and season with **salt** and **pepper**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



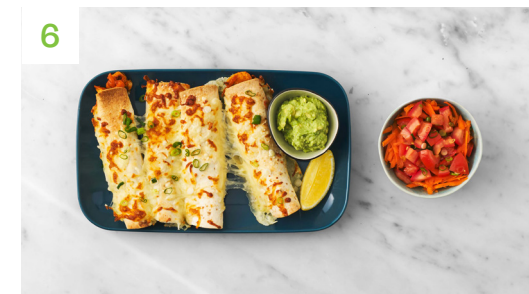
Make the Topping

- Meanwhile, halve the **avocado** and scoop the flesh into a bowl.
- Mash with a fork and add a squeeze of **lemon** juice.
- Season to taste **salt** and **pepper** then mix well to combine.



Soften the Veg

- Once the **chicken** is cooked, add **cumin, ketchup** and **half** the grated **carrot** to the pan.
- Cook until the **carrot** is tender, 3-4 mins.
- Once cooked, remove from the heat. Stir through the **chipotle paste**.
- Season to taste with **salt, pepper** and **sugar**.



Finish and Serve

- Once cooked, remove the enchiladas from the oven.
- Divide between plates.
- Top with the smashed **avocado**.
- Serve with **tomato** salsa, remaining **carrot** and **lemon** wedges alongside.
- Garnish with a sprinkling of the remaining **scallion**.

Enjoy!