













Cheddar, Chicken and Chorizo Enchiladas

with Sweetcorn Salad and Zesty Soured Cream

Street Food 40-45 Minutes • Mild Spice • 3 of your 5 a day



-  Diced British Chicken Thigh
-  Diced Chorizo
-  Black Beans
-  Garlic Clove
-  Chipotle Paste
-  Chicken Stock Paste
-  Mature Cheddar Cheese
-  Plain Taco Tortillas
-  Soured Cream
-  Sweetcorn
-  Lime
-  Baby Leaf Mix

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Frying pan, sieve, garlic press, grater, ovenproof dish and bowl.

Ingredients

Ingredients	2P	3P	4P
Diced British Chicken Thigh**	240g	390g	520g
Diced Chorizo**	60g	90g	120g
Black Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	2	3	4
Chipotle Paste	20g	30g	40g
Chicken Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7)	60g	90g	120g
Plain Taco Tortillas 13)	3	6	9
Soured Cream** 7)	150g	225g	300g
Sweetcorn	160g	240g	320g
Lime**	1	1	1
Baby Leaf Mix**	50g	70g	100g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4242 / 1014	650 / 155
Fat (g)	53.7	8.2
Sat. Fat (g)	24.6	3.8
Carbohydrate (g)	66.9	10.2
Sugars (g)	13.2	2.0
Protein (g)	64.1	9.8
Salt (g)	5.23	0.80

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Fry the Chicken and Chorizo

Preheat your oven to 220°C/200°C fan/gas mark 7.

Heat a drizzle of oil in a large frying pan on high heat.

Once hot, add the **diced chicken** and **chorizo**. Fry until browned all over, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Meanwhile, drain and rinse the **black beans** in a sieve. Peel and grate the **garlic** (or use a garlic press).



Bake your Enchiladas

Drizzle a little oil over the bottom of an ovenproof dish, then lay in the wraps. Pack them snugly, side by side, with the folded edge underneath so they don't unroll.

Spread **half** the **soured cream** on top and sprinkle over the **cheese**.

Bake on the top shelf of your oven until golden brown, 10-12 mins.



Bring on the Beans

Stir the **garlic** and **chipotle paste** (add less if you'd prefer things milder) into the pan. Cook for 1 min.

Stir in the **beans**, then lightly crush about **half** of them in the pan with the back of a fork.

Stir in the **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, reduce the heat and simmer until the **sauce** has thickened and the **chicken** is cooked through, 3-4 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Prep the Salad

Meanwhile, drain the **sweetcorn** in a sieve.

Cut the **lime** into quarters.

Add the **sweetcorn** to a medium bowl. Drizzle over a little **olive oil**, squeeze in some **lime juice**, season with **salt** and **pepper**, then mix together. Set aside.



Time to Roll

Meanwhile, grate the **cheese**.

Once the **filling** has thickened, remove from the heat. Taste and season with **salt** and **pepper** if needed.

Lay the **tortillas** onto a board (2 per person), spoon the **chicken and chorizo filling** down the centre of each, then roll them up to enclose the **filling**.



Finish and Serve

When the **enchiladas** are ready, share them between your plates. Top with a dollop of the remaining **soured cream**.

Add the **baby leaves** to the bowl of **corn**, then toss together.

Serve the **corn salad** alongside your **enchiladas** with any remaining **lime wedges** for squeezing over.

Enjoy!