



Cheddar, Chicken and Chorizo Enchiladas

with Charred Corn Salad and Zesty Soured Cream

31

Street Food 35-45 Minutes • Mild Spice • 3 of your 5 a day



Sweetcorn



Chorizo



Medium Tomato



Lime



Garlic Clove



Red Kidney Beans



Diced Chicken Thigh



Chipotle Paste



Mature Cheddar Cheese



Baby Gem Lettuce



Plain Taco Tortilla



Soured Cream

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Sweetcorn	150g	225g	300g
Chorizo**	90g	120g	180g
Medium Tomato	2	3	4
Lime**	1	1	1
Garlic Clove**	1	1	2
Red Kidney Beans	1 carton	2 cartons	2 cartons
Diced Chicken Thigh**	260g	390g	520g
Chipotle Paste	20g	30g	40g
Mature Cheddar Cheese** 7)	90g	120g	180g
Baby Gem Lettuce**	1	1½	2
Plain Taco Tortilla 13)	4	6	8
Soured Cream** 7)	150g	225g	300g

Pantry	2P	3P	4P
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)	4797 / 1146	630 / 151
Fat (g)	63.5	8.4
Sat. Fat (g)	29.8	3.9
Carbohydrate (g)	70.3	9.2
Sugars (g)	16.7	2.2
Protein (g)	71.9	9.5
Salt (g)	5.37	0.71

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, milk, egg, mustard, celery, soya, 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.

Contact

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

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Char your Corn

Preheat your oven to 220°C/200°C fan/gas mark 7.
Heat a large frying pan on high heat (no oil). Drain the **sweetcorn** in a sieve.

Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour. Transfer to a medium bowl.

Return the pan to medium-high heat, then add the **chorizo** and fry until it starts to brown, 3-4 mins. Transfer to another bowl.



Bring on the Beans

Stir the **beans** (whole and crushed) and **water for the sauce** (see pantry for amount) into the pan.

Bring to the boil, then 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.**

Meanwhile, grate the **cheese**. Trim the **baby gem**, halve lengthways, then thinly slice widthways.

Add the **lettuce** to the bowl of **corn** and **tomatoes**.



Get Prepping

Meanwhile, chop the **tomatoes** into 1cm pieces and add them to the bowl of **corn**.

Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **kidney beans** in a sieve. Pop **half the beans** into another bowl and mash with the back of a fork.



Bake your Enchiladas

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 **filling** down the centre of each, then roll them up to enclose the **filling**.

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



Make the Filling

Pop the (now empty) pan back on medium-high heat with a drizzle of **oil**.

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

Stir in the **garlic, chipotle paste** (add less if you'd prefer things milder) and **half the chorizo**. Cook for 1 min more.



Finish and Serve

Meanwhile, drizzle a little **oil** over the **charred corn salad**. Squeeze in some **lime juice**, season with **salt** and **pepper**, then mix together.

In a small bowl, combine the remaining **soured cream** and **lime zest**. Cut any remaining **lime** into wedges.

When the **enchiladas** are ready, divide them between your plates and top with the remaining **chorizo**.

Serve with the **charred corn salad**, a dollop of **zesty soured cream** and the **lime wedges** alongside for squeezing over.

Enjoy!