


















Double Cheese, Chicken & Chorizo Enchiladas

with Charred Corn Salad and Zesty Creme Fraiche

34

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



-  Sweetcorn
-  Baby Plum Tomatoes
-  Lime
-  Garlic Clove
-  Mixed Beans
-  Diced Chicken Thigh
-  Chorizo
-  Chipotle Paste
-  Tomato Puree
-  Chicken Stock
-  Mature Cheddar Cheese
-  Red Leicester
-  Baby Gem Lettuce
-  Super Soft Tortilla with Whole Wheat
-  Creme Fraiche

Pantry Items
Water

Before you start

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

Cooking tools

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

Ingredients

	2P	3P	4P
Sweetcorn	150g	225g	300g
Baby Plum Tomatoes	125g	250g	250g
Lime**	1	1	1
Garlic Clove**	1	1	2
Mixed Beans	1 carton	1½ cartons	2 cartons
Diced Chicken Thigh**	280g	420g	560g
Chorizo**	90g	180g	180g
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock	1 sachet	1 sachet	2 sachets
Mature Cheddar Cheese** 7)	60g	75g	90g
Red Leicester** 7)	60g	90g	120g
Baby Gem Lettuce**	1	1½	2
Super Soft Tortilla with Whole Wheat 13)	4	6	8
Crème Fraîche** 7)	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	740g	100g
Energy (kJ/kcal)	5222/1248	705/169
Fat (g)	71	10
Sat. Fat (g)	33	5
Carbohydrate (g)	75	10
Sugars (g)	16	2
Protein (g)	76	10
Salt (g)	6.19	0.84

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) 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.

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1 Char your Corn

Preheat your oven to 200°C. Heat a large frying pan on medium-high heat (no oil). Drain the **sweetcorn** in a sieve. Once the pan is 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.



2 Get Prepping

Meanwhile, halve the **baby plum tomatoes** and add them to the bowl with the **corn**. Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **mixed beans** in a sieve. Pop **half** the **beans** into another bowl and mash with the back of a fork.



3 Make the Filling

Pop the (now empty) pan back on medium-high heat with a drizzle of **oil**. When hot, add the **diced chicken thigh** and **chorizo**. Stir-fry until browned, 5-6 mins. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.* Stir in the **garlic**, **chipotle paste** (add less if you don't like too much heat) and **tomato puree**. Cook for 1 more min, then stir in the **water for the sauce** (see ingredients for amount), **chicken stock paste** and **mixed beans** (whole and crushed).



4 Finish the Prep

Bring the filling to the boil, then reduce the heat and simmer until the **chicken** is cooked through and the **sauce** has thickened, 3-4 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* Meanwhile, grate both types of **cheese**. Trim the **baby gem**, halve lengthways, then thinly slice widthways. Add the **lettuce** to the bowl with the **corn** and **tomatoes**.



5 Assemble and Bake

Once the **chicken filling** has thickened, remove the pan from the heat. Taste and season with **salt** and **pepper** if needed. Lay the **tortillas** on a board, 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. Top with the **grated cheeses**. Bake your **enchiladas** on the top shelf of your oven until golden brown, 10-12 mins.



6 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 **crème fraîche** and **lime zest**. Cut any remaining **lime** into **wedges**. When the **enchiladas** are ready, divide them between your plates (2 per person) and serve with the **charred corn salad** and a dollop of **zesty crème fraîche**. Serve the **lime wedges** alongside for squeezing over.

Enjoy!