

Chicken Enchiladas

Serves 8

- 8 tortillas , corn (about 20 cm)¹

Enchilada seasoning:

- 1 tsp each onion **powder**, **garlic powder**, **salt**
- 1 T each dried **cumin powder**, **paprika**, dried **oregano**
- ¼ tsp black **pepper**
- ¾ tsp **cayenne** pepper (optional, adjust to taste)

Enchilada sauce: (see Note 3 below)

- 2 T olive oil
- 4 T flour
- 500 ml chicken stock
- 375 ml tomato puré

Chicken Filling:

- 400-450 g chicken breast, sliced in half horizontally (or boneless thighs)², shredded
- 2 T olive oil
- ½ onion, chopped
- 2 garlic cloves, finely minced
- 1 red bell pepper, diced
- 400 g refried beans³
- 300 g canned corn, drained
- 65 ml water
- 100 g cheese, shredded (cheddar)

Topping:

- 150 g cheddar cheese, shredded
- 2 T pak chee, roughly chopped

PREPARATION:

*Enchilada Seasoning (See below):

1. Mix **Enchilada Seasoning Spices***. Used for filling and sauce.

Enchilada Sauce

1. **Make roux:** Heat **oil** in saucepan over medium heat. Add **flour** and **stir 20 seconds**.
2. **Add other ingredients:** Add 2 T **enchilada seasoning**, **stock** and **passata**. Stir to combine.
3. **Simmer to thicken:** Increase heat slightly to medium high. Cook for 4 minutes, whisking regularly, until the sauce thickens to the consistency of thick syrup. Remove from stove.

Chicken filling:

1. **Coat chicken:** Drizzle **1 T oil** over **chicken**, mix to coat. Sprinkle with **seasoning**, toss to coat.
2. **Cook chicken:** Heat remaining **1 T oil** in a large skillet over high heat. Add **chicken**, **cook 2 minutes**. Turn and **cook 1½ minutes**. Remove, **rest 2 minutes** then chop.
3. **Sauté onion:** In the same skillet, add **onion** and **garlic**, **cook 1 minute**. Add **bell pepper**, **cook 2 minutes** until onion is translucent.
4. **Add everything else:** Add refried **beans**, diced **chicken**, **corn** and **water**. Stir and **cook for 2 minutes** until reduces slightly. Should be thick and juicy, not watery.



Assemble and Bake:

1. **Preheat oven** to **180°C**.
2. **Smear** a scoop of enchilada **sauce** across base of 22 x 33-cm pan.
3. **Roll**: Lay **tortilla** on work surface. Spread $\frac{2}{3}$ **C filling** on lower third, sprinkle with **cheese** then roll up, finishing with the seam side down (to hold it closed). Repeat to make 8.
4. **Place** enchiladas in, pour over remaining sauce, sprinkle with **cheese**.
5. **Bake 20 - 25 minutes** or until cheese is melted and golden. Serve immediately, sprinkled with **pak chee**.

Recipe Notes:

1. **Tortillas** - For corn tortillas, warm in skillet at med-high for 15-30 seconds/side.
 2. **Refried beans** - Makes the burrito filling juicy and holds it together.
 3. **Tomato paste substitute** - instead of using puré, add 4 T tomato paste PLUS 1 extra cup of broth/stock PLUS 1 tsp sugar.
- Fully assemble ahead - best way is to fully cool the sauce and the rolled up enchiladas (place them in the pan). Then assemble. (Tortillas absorb far less sauce when both are cold). 95% as good as keeping separate.
 - Bake from frozen - The enchiladas can be baked from frozen. Cover with foil and bake 20 minutes, then remove foil and bake 20 minutes at 180°C.

Nutrition per enchilada. 471 cal.

*Enchilada seasoning spices:

- 1 T chili powder
 - 1 T paprika
 - 2 tsp ground cumin
 - 2 tsp light brown sugar
 - 2 tsp kosher salt
 - 1½ tsp onion powder
 - 1½ tsp garlic powder
 - 1 tsp dried oregano
 - 1 tsp chili powder
 - 1 tsp ground coriander
 - 1 tsp freshly ground black pepper
 - ¼ to ½ tsp cayenne pepper
1. Combine in an airtight container or small jar. Whisk or use a fork to break up the brown sugar.
 2. Store in a cool dry place for 1 to 2 years.