



JERNEJ KITCHEN

EASY CHICKEN ENCHILADAS

Easy chicken enchiladas is a dish that will quickly become one of your favorites. Enchiladas originate from Mexico and are super delicious and easy to make.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
COOK:	15	MINUTES
BAKE:	20	MINUTES
TOTAL TIME:	50	MINUTES

EASY CHICKEN ENCHILADAS

2 boneless, skinless chicken halves
(approx. 300g / 10.6 oz)

1 tbsp olive oil

1 pepper (yellow, red or green)

2 cloves of garlic

1/2 tsp cumin powder

1/2 tsp allspice powder

1/2 tsp coriander seeds

1/4 tsp garlic powder

1/4 tsp cayenne paper powder

230 g enchilada sauce (8.4 oz)

300 g diced tomatoes (canned) (10.5 oz)

1 tbsp pickled jalapeño rings

60 g sweet corn, canned (1/3 cup or 2.1 oz)

80 g red beans, canned or cooked
(for the sauce) (1/2 cup or 2.8 oz)

4 tortillas, corn or flour

80 g red beans, canned or cooked
(for the filling) (1/2 cup or 2.8 oz)

CHICKEN

Cut the chicken breast on small cubes. Add them to a bowl. Season with salt, pepper, and 1/2 tbsp olive oil, stir to combine. Place a non-stick pan over high heat. Add 1/2 tbsp of olive oil and the chicken. Cook for about 4 - 5 minutes, turning the chicken occasionally until is nicely golden brown.

ADD THE VEGETABLES AND SPICES

Dice the onion, garlic, and pepper. When the chicken is cooked, add the vegetables to the pan. Also add the spices (cumin, allspice, coriander, garlic powder, and cayenne pepper). Reduce the heat and cook for about 3 - 4 minutes, stirring occasionally. Preheat your oven to 200 °C / 390 °F.

MAKE THE ENCHILADAS FILLING

In a bowl mix together enchilada sauce (or taco sauce/fajitas sauce will be good too) and diced tomatoes. Add half of the sauce to the pan with the chicken and save the other half for later. Add chopped jalapeño, corn and beans to the chicken. Cook for another 2 - 3 minutes, then remove from the heat.

MAKE THE CHICKEN ENCHILADAS

Prepare a baking dish (approx. 20 cm x 15 cm / 8-inch x 6-inch). Spread 3 to 4 tablespoons of your tomato-enchilada sauce on the bottom of the baking dish, then assemble the tortillas. Spread a tablespoon of tomato-enchilada sauce over each tortilla. Add the beans, chicken mixture and about 25g / 1 oz shredded cheese on top. Roll up tortilla and place in your baking dish. Repeat the process until you make all the enchiladas. Spread the rest of the tomato-enchilada sauce on top of the enchiladas and sprinkle with the rest of the shredded

150 g shredded cheese (1 1/2 cup oz 5.3 oz) (we use a mixture of cheddar, mozzarella and gauda)

1 handful of fresh parsley or coriander (cilantro)

TOOLS AND EQUIPEMENT

kitchen knife

cutting board

bowl

non-stick pan

baking dish (20 cm x 15 cm / 8-inch x 6-inch)

aluminum foil

cheese (approx.50g / 2 oz).

BAKE AND SERVE

Cover the baking dish with aluminum foil (make sure it is not touching the food) and place in the preheated oven. Bake for about 10 minutes at 200 °C / 390 °F, then remove the aluminum foil and bake for another 10 minutes at 200 °C / 390 °F, so that the cheese is nice and melted. Remove from the oven, sprinkle with chopped parsley or coriander/cilantro. Optionally serve with a dollop of Greek yogurt. Enjoy.