



NUTRITION per serving 79g carbohydrates 35g fat 64g protein 1677mg sodium | soy-free, shellfish-free, nut-free



Calories
891



Prep & Cook Time
45-55 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Medium

IN YOUR BOX

- 2 Red Onions
- 2 Jalapeño Peppers
- 4 Boneless Skinless Chicken Breasts
- 2 Tbsp. Taco Seasoning
- 6 oz. Frozen Corn Kernels
- 6 oz. Shredded Cheddar Cheese
- 16 fl. oz. Red Enchilada Sauce
- 12 Small Flour Tortillas
- 4 oz. Sour Cream

IN YOUR KITCHEN

- Olive Oil
- Salt
- Cooking Spray
- Large Oven-Safe Casserole Dish
- Large Non-Stick Pan
- Mixing Bowl

www.homechef.com/3654



HOME CHEF

Adobo Chicken Enchiladas

with corn, jalapeño peppers, and sour cream

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a casserole dish with cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Whether it's a baking sheet in the oven or a pan on the stove, you never want to overcrowd your pan. Add a second baking sheet or cook in batches when necessary for delicious, golden-brown results.
- **Spice Alert!** Jalapeño peppers add spice to this dish. Removing seeds reduces heat considerably, but feel free to use less to suit your taste.
- **Heads Up!** Jalapeño is used twice. **Minced jalapeño** is used for **filling** and **rounds** garnish dish.
- **Heads Up!** Shredded cheddar cheese is used twice. $\frac{1}{4}$ is used for **filling** and remaining tops **enchiladas**.
- **Heads Up!** Enchilada sauce is used twice. $\frac{1}{4}$ cup coats bottom of casserole dish and remaining tops **enchiladas**.

FROM THE CHEF

Place rolled tortillas seam-side down in casserole dish so they seal as they cook.

Did you know...

Enchiladas are traditionally made with corn tortillas, but we love the way these tender flour tortillas bake up!



Prepare the Ingredients

Peel and halve **onions**. Cut halves into $\frac{1}{2}$ " dice. Cut a few thin rounds from pointed end of each **jalapeño pepper** for garnish. Stem, seed, and mince remaining jalapeños. *Discard seeds if you prefer less spice.* Rinse **chicken breasts** and pat dry.



Form the Enchiladas

Pour $\frac{1}{4}$ cup **enchilada sauce** in casserole dish (use a dish large enough to fit 12 rolled tortillas), coating the bottom. Place one **tortilla** on a clean cutting board. Add $\frac{1}{3}$ cup **filling** to tortilla, roll up tightly (ensure tortilla ends overlap slightly), and place in casserole dish seam-side down. Repeat for remaining tortillas. *Don't overfill tortillas. Any leftover filling can be placed in casserole dish around enchiladas or served on the side.*



Cook the Chicken

Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan and cook until browned, 3-4 minutes. Reduce heat to medium, flip, and cook until chicken is browned and reaches a minimum internal temperature of 165 degrees, 4-6 minutes. Remove to a medium mixing bowl and cover with plastic wrap. Reserve pan; no need to wipe clean. Allow chicken to rest 5 minutes. Using two forks or your hands, shred chicken and combine with **taco seasoning**.



Cook the Enchiladas

Pour remaining **enchilada sauce** over enchiladas and top with remaining **cheese**. Spray a piece of foil with **cooking spray** and place over casserole dish, sprayed side down. Tightly seal foil and bake 15 minutes. Remove foil and bake until cheese is bubbly, 5-7 minutes.



Cook the Vegetables

Return pan used to cook chicken to medium heat. Add 2 tsp. **olive oil**, **onion**, and **minced jalapeño** (to taste) to hot pan. Cook until beginning to soften, 2 minutes. Add **frozen corn** and cook until vegetables are tender, 2-3 minutes. Remove from burner. Season with $\frac{1}{2}$ tsp. **salt** and stir in shredded **chicken** and $\frac{1}{4}$ the **cheese** (reserve remaining for topping enchiladas). Cool 2-3 minutes.



Plate the Dish

Place three **enchiladas** on a plate. Ladle any remaining **sauce** from casserole dish on plate with enchiladas. Garnish with **sour cream** and **jalapeño rounds** (to taste).