



NUTRITION *per serving* 94g carbohydrates 26g fat 26g protein 1731mg sodium | vegetarian



Calories
702



Prep & Cook Time
30-40 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Medium



Chayote Squash Enchiladas Verdes

with poblano pepper and Chihuahua cheese

IN YOUR BOX

- 1 Chayote
- 1 Red Onion
- 1 Poblano Pepper
- ¼ oz. Cilantro
- 4 oz. Corn Kernels
- 4 oz. Shredded Chihuahua Cheese
- 8 fl. oz. Green Enchilada Sauce
- 6 Small Flour Tortillas

CONTAINS: milk, wheat, soy

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Medium Oven-Safe Casserole Dish
- Medium Non-Stick Pan

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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 **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a casserole dish with cooking spray

WHILE YOU COOK

- For a limited portion of the population, **chayote** may cause a tingling sensation in your hands. Wash thoroughly after handling.
- **Spice Alert!** Poblano peppers have a smoky flavor and can vary in spiciness from mild to slightly eye-watering. Removing seeds reduces its heat considerably, but feel free to use less than whole pepper to suit your taste.
- **Heads Up!** Cilantro is used twice. Most is added to **filling**, and a pinch garnishes dish.
- **Heads Up!** Cheese is used twice. ¼ is added to **filling** and remaining tops **enchiladas**.

FROM THE CHEF

Bake enchiladas seam side down 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 **chayote**, trim ends, and halve lengthwise. Use a spoon to scoop seed out of each half. Cut into ¼” dice. Halve and peel **onion**. Cut halves into ¼” dice. Stem **poblano pepper**, seed, and cut into ¼” dice. Mince **cilantro** (no need to stem).



Assemble the Enchiladas

Pour ⅓ cup **enchilada sauce** into prepared casserole dish (use a dish large enough to fit six rolled tortillas), coating the bottom. Place one **tortilla** on a clean cutting board. Add ⅓ cup **filling** to tortilla, tightly roll up, and place in casserole dish, seam-side down. Repeat for remaining five tortillas. *Don't overfill tortillas. Make sure ends overlap and have a chance to seal while baking.* Top with remaining enchilada sauce. Place any remaining filling in casserole dish and top enchiladas with remaining **cheese**.



Cook the Chayote

Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Place **chayote** in hot pan and cook undisturbed until lightly browned, 2-3 minutes.



Bake the Enchiladas

Spray a piece of foil with **cooking spray** and place over casserole dish, sprayed side down. Tightly seal foil and bake 12-15 minutes. Remove foil and bake until **cheese** is bubbly, 7 minutes.



Make the Filling

Add **onion**, **poblano** (to taste), **corn**, and **cilantro** (reserve a pinch for garnish) to pan. Cook, stirring occasionally, until vegetables are tender, 4-5 minutes. Remove pan from burner and allow filling to cool at least 5 minutes. Once filling has cooled, stir in ¼ the **cheese** (reserve remaining to top enchiladas). Season with ½ tsp. **salt** and a pinch of **pepper**.



Plate the Dish

Place three **enchiladas** on a plate. Ladle any remaining **sauce** from casserole dish on plate with enchiladas. Garnish with remaining **cilantro**.