



BBQ PULLED CHICKEN ENCHILADAS

with Black Beans, Chips and Carrot Slaw



HELLO CORIANDER

Know a coriander hater? Around 14% of people carry a gene which makes this herb taste soapy to them!



BBQ Sauce



White Wine Vinegar



Diced Chicken Thigh



Potato



Lime



Carrot



Coriander



Black Beans



Half-Fat Mature Cheddar Cheese



Whole Wheat Soft Tortilla

MEAL BAG 3

40 mins
2 of your 5 a day

A Mexican classic that will please everyone around the table. Simmer chicken in sticky BBQ sauce until cooked and then shred with a fork, and combine with the punchy lime, coriander, and black bean mixture to create these seriously moreish Enchiladas. Divide the chicken mixture between the middle of each tortilla and bake until golden. Serve with crispy, oven baked chips and the zesty carrot slaw. What a treat!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Large Baking Tray, Fine Grater, Coarse Grater, Sieve** and **Ovenproof Dish**. Now, let's get cooking!



1 START THE SAUCE

Preheat your oven to 200°C. Pour the **water** (see ingredients for amount) into a large saucepan over high heat. Add the **BBQ sauce** and the **white wine vinegar**. Add a pinch of **salt** and **pepper** to the pan, bring the **mixture** to the boil and stir to combine.



2 COOK THE CHICKEN

Once the liquid is boiling, reduce the heat to medium-low, add the **chicken** and stir into the **sauce**. Cover the pan with a lid. Simmer until the **chicken** is cooked, 15-20 mins. Stir halfway through cooking. **★ TIP:** Reduce the heat if the sauce is bubbling too rapidly. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Once cooked, remove the pan from the heat and transfer the **chicken** to a plate or chopping board.



3 ROAST THE CHIPS

Meanwhile, chop the **potato** into 1cm wide slices, then chop the slices into 1cm wide **chips**. Pop them on a large baking tray. Drizzle with **oil** and a pinch of **salt** and **pepper**. Toss to coat evenly, spread in a single layer on your the tray and roast on the top shelf of your oven until browned and crispy, 20-25 mins. Turn halfway through cooking.



4 PREP TIME

Zest and halve the **lime**. Trim, then coarsely grate the **carrot**. Roughly chop the **coriander** (stalks and all). Drain and rinse the **black beans** in a sieve, put **half** of them in a bowl. Mash the **black beans** in the bowl until nicely broken up. Grate the **cheddar cheese**. Once the chicken is out of the sauce, use two forks to shred the **chicken** as finely as you can. Meanwhile, return the pan to high heat and rapidly boil the **sauce** until reduced by half, 4-5 mins.



5 WRAP AND ROLL

When the **sauce** has reduced, remove from the heat. Add the **pulled chicken** back into the pan along with the **black beans** (both whole and mashed). Add the **cheddar cheese, lime zest** and **half the coriander**, stir together. Divide the **chicken mixture** between the middle of each **tortilla** (two per person). Roll up the **tortillas**, place them snugly in a lightly **oiled** ovenproof dish seam-side down. Drizzle them with a little **oil**.



6 FINISH AND SERVE

Move the **chips** to the middle shelf of your oven and bake the **enchiladas** on the top shelf until golden, 10-15 mins. Meanwhile, squeeze the **lime juice** into a bowl and add the **olive oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. Mix together then stir in the **carrot** and remaining **coriander**. Once everything is ready, serve the **enchiladas** with the **chips** and the **carrot slaw** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	100ml	150ml	200ml
BBQ Sauce (13)	2 sachets	3 sachets	4 sachets
White Wine Vinegar (14)	1 sachet	1½ sachets	2 sachets
Diced Chicken Thigh*	280g	420g	560g
Potato*	1	2	2
Lime*	1	1	1
Carrot*	1	2	2
Coriander*	1 bunch	1 bunch	1 bunch
Black Beans	1 carton	1½ cartons	2 cartons
Half-Fat Mature Cheddar Cheese (7)*	1 block	1½ blocks	2 blocks
Whole Wheat Soft Tortilla (13)	4	6	8
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 636G	PER 100G
Energy (kJ/kcal)	3776 / 903	594 / 142
Fat (g)	24	4
Sat. Fat (g)	6	1
Carbohydrate (g)	100	16
Sugars (g)	17	3
Protein (g)	65	10
Salt (g)	2.84	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk (13) Gluten (14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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