



CHIPS Cookery Club

Recipe – Chicken Enchiladas

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Ingredients serves 1-2 people

1 onion	1 x chicken breast
1 clove garlic	2-3 wheat & cornflour tortillas
1 x 5ml smoked paprika	½ onion
1 x 5ml chilli powder	½ pepper
1 x 5ml oregano	½ green or red chilli pepper
2.5ml ground cumin	50g cheddar cheese
500g passata	2 x 15ml veg oil
15ml brown sugar	
15ml cider vinegar	

Equipment needed

Saucepan	Garlic crusher
Mixing bowl	Frying pan
Red chopping board	Dessert spoon
White chopping board	
Sharp knife	
Wooden spoon	
Measuring spoons	
Grater	
Ovenproof dish	



Add a spoonful of oil to a saucepan.



Add the smoked paprika.



Peel the onion, cut in half and chop finely. Place in the saucepan and cook until just soft.



Add the chilli powder.



Peel and crush the garlic clove and add to the onions.



Add the oregano.



Add the cumin. Stir and cook for 30 seconds.



Fry with a little oil in a frying pan. Turn and cook for a few minutes until cooked through. Drain and place in a bowl.



Add the passata and bring to the boil.



Slice the peeled onion and add to the pan. Fry gently.



Add a tablespoon of vinegar.



Cut the pepper into thin strips. Add to the onions.



Add the sugar and simmer gently for 20 minutes.



Fry gently until cooked.



Cut the chicken into small pieces.



Add half a chopped chilli pepper. Add to the chicken.



Add half the sauce to the chicken mixture and stir together



Sprinkle grated cheese on top and place in the oven Gas 5 / 170°C for 20 minutes until the cheese is bubbling.



Place in the centre of the tortilla. Roll up and place seam side down in a baking dish.



Serve with sour cream and a side salad or guacamole.



Top with the rest of the sauce.

You could add red kidney beans to the mixture.

Try a vegetarian alternative with sweet potato and mushrooms or butternut squash and spinach.