COOKING PASSION SINCE 1877

Chicken enchiladas

DIFFICULTY: MEDIUM PREPARATION TIME: 1 HOUR COOKING TIME: 15 MINUTES SERVES: 8

Ingredients

Chicken & tomato mixture

8 tomatoes
½ onion, diced
50 ml light olive oil or canola oil
1 chilli chopped (optional)
4 cloves garlic crushed
2 tsp smoked paprika
½ tsp cinnamon
1 tsp salt
¼ tsp allspice
4 chicken breast
2 tbsp cumin

Rice

100 g basmati rice
200 ml water
400g canned kidney beans (rinsed)

Other

½ bunch fresh coriander roughly chopped
250g tasty cheese grated
250g mozzarella cheese grated
8 large tortillas
100g sour cream

Method

Roughly dice the tomato and place on a universal tray lined with baking paper. Add the diced onion, olive oil, chilli. Add half of the garlic, smoked paprika, cinnamon, salt and allspice. Place on level 3 of the oven.

Use the remaining spices to coat the chicken then place on a wire rack on level 4 of the oven.

Using the MultiPoint MeatProbe insert it into the largest chicken and set the core temperature to 70 degrees on CircoRoast and add a high level of added steam. Start from a cold oven. Once cooked remove and cool the chicken, then shred or roughly chop.

Place the rice into a steamer tray with the water, washed kidney beans and a teaspoon of salt. Steam for 20 minutes then cool and add to the chicken.

Place the tomatoes into a medium mixing bowl and using the back of a spoon mash the tomatoes until they become a saucy consistency. Roughly chop half the coriander and mix into the sauce, then divide into thirds.

Place the first third onto the bottom of a baking tray, mix the second third into the chicken and rice, use the last third to dip the tortillas into before adding the chicken mix and rolling up.

Once you have prepared the tortillas lay all the enchiladas seam side down into the baking pan and pour any remaining tomato sauce over the top, then add the tasty cheese and mozzarella. Place back into the oven on top and bottom heat and bake on 200 degrees for 15 minutes or until the cheese has browned.

Remove from the oven and serve with dollops of sour cream and the remaining coriander over the top.

Notes

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