



# Chicken enchiladas

Serves: 6

## Time

Preparation time 15 minutes

Cooking time 45 minutes

## Ingredients

- 1 teaspoon olive oil
- 1 red onion, peeled and sliced
- 2 red peppers, deseeded and sliced
- 600g chicken thighs (skinless and boneless), trimmed and cut into large pieces
- 400g tinned chopped tomatoes
- 1 tablespoon tomato purée
- 2 medium red chillies, deseeded and chopped
- 1 teaspoon ground coriander
- 2 garlic cloves, peeled and crushed
- handful coriander, stalks and leaves finely chopped (or 1 teaspoon dried)
- 400g tinned kidney beans, drained and rinsed
- 1 small tin salt-free sweetcorn, drained
- 6 wholemeal flour tortillas
- 100ml low-fat fromage frais
- 100g low-fat Cheddar cheese, grated



# Chicken enchiladas

## Method

1. Preheat oven to 180°C or gas mark 4.
2. Heat the oil in a large frying pan over a moderate heat and fry sliced onions and peppers until they begin to soften.
3. Add chicken pieces to the frying pan and cook for around 5 minutes before stirring in the chopped tomatoes, tomato purée, chopped chillies, ground coriander, crushed garlic and coriander. Reduce the temperature and simmer for 5 minutes, then add kidney beans and sweetcorn and cook for a further minute.
4. Lay a tortilla in the bottom of the ovenproof dish and fill with a sixth of the mixture, gently roll up, tucking in the sides as you roll and place to one side of the dish. Repeat this in the dish until all the tortillas are filled.
5. Spread fromage frais over the top of the filled tortillas and sprinkle with grated Cheddar cheese. Cook in the hot oven for 30 minutes until golden.