



# Chicken Enchiladas

Delicious chicken enchiladas topped with melted cheese

Serves: 4

Prepare: 30 Minutes

Cook: 30 Minutes

Difficulty: easy

## Ingredients

### For The Enchilada Sauce

- 500g passata
- 1 large onion, finely chopped
- 1tbsp olive oil
- 1 garlic clove, crushed
- 1tsp smoked organic paprika
- 1tsp dried oregano
- 1tsp chilli powder
- ½tsp ground cumin
- 1tbsp brown sugar
- 1tbsp [cider vinegar](#)
- salt and ground black pepper

### For The Enchilada

- 2 onions, sliced
- 1 red pepper, deseeded and sliced
- 1 yellow pepper, deseeded and sliced
- 3tbsp olive oil
- 2 garlic cloves, finely chopped
- 1 red chilli, seeds removed, finely chopped
- 4 skinless, boneless organic chicken breasts, cut into thin strips
- 400g black beans, drained and rinsed
- 8 flour or gluten-free tortilla wraps
- 100g cheddar, grated

## Method

1. Start by making the enchilada sauce, this can even be made ahead of time and stored in a jar for up to 3 days in the fridge. Heat the olive oil in medium-sized saucepan and add the chopped onion, cook on a low to medium heat until the onion has softened and started to brown
2. Add the crushed garlic and cook for a further minute. Add the smoked paprika, dried oregano, chilli powder and ground cumin, mix well with the onion and garlic and cook for a further 30 seconds
3. To the pan add the passata, brown sugar and vinegar, season well with salt and pepper and cook over a low-medium heat for 20 minutes until the sauce has thickened slightly. Remove from the heat and blend until smooth
4. Preheat the oven to 190°C/170°C/Gas 5
5. For the enchilada, heat half of the olive oil in a large frying pan, add the sliced onion and peppers and cook over a medium heat until tender and starting to brown at the edges. Add the garlic and red chilli and cook for a further 30 seconds. Remove from the pan and set aside
6. Heat the remaining oil in the frying pan, add the strips of organic chicken breast and cook over a medium heat until cooked through
7. Return the onion and peppers to the pan, pour over half of the enchilada sauce and drained kidney beans. Season well with salt and pepper and continue to cook for another minute
8. Lay the flour or gluten-free tortillas on a work surface and divide the chicken mixture between the wraps. Roll the filled tortillas into cigars and arrange snugly, seam side down, in a lightly greased ovenproof dish. Pour the remaining enchilada sauce over the top and cover with grated cheese

9. Bake in the oven for about 20 minutes or until the filling is piping hot and the cheese has melted
10. Serve with sour cream and guacamole