

## Chicken Enchiladas

### Ingredients

2 chicken breasts  
1 tbsp vegetable oil  
1 onion  
1 clove garlic  
1 red pepper  
1 tin tomatoes  
1 tbsp tomato puree  
1 tsp mixed herbs  
1 jar chunky salsa  
100g cheddar cheese  
1 pack of deli wraps (approx 6)



### Aim higher

Shred the chicken for a more authentic Mexican vibe. Add a tin of baked beans.

### Equipment

Chopping board,  
Knife,  
Tablespoon,  
Saucepan,  
wooden spoon,  
★ 2 forks

**\*PLEASE REMEMBER TO BRING AN OVENPROOF DISH FROM HOME\***

Oven temperature : Gas 5/190°C

### Method:

1. Prepare the vegetables:

Peel and slice the onion;

Peel and crush the garlic;

Peel, remove seeds and slice the pepper

2. Finely slice the chicken (★ leave the chicken whole) and fry in the oil until sealed.

3. Add the onions, garlic, tomatoes and pepper and cook for 10 minutes.

★ Remove the chicken from the pan and using 2 forks shred the meat into small pieces. Return the chicken to the pan.

4. Season to taste and check meat is thoroughly cooked and add tomato puree and half of the cheese

5. Divide mix between tortillas- roll up and place seam side down in a greased dish. Pour over the salsa and then sprinkle with cheese.

Bake in the oven for 20-25 mins until golden brown.