

"NO FAIRYTALES" ENCHILADAS WITH CHICKEN

4 persons / 596 kcal per serving

Ingredients:

- 4 "No Fairytales" tortilla root
- 4 "No Fairytales" tortilla paprika chili
- 1 tablespoon olive oil
- 400 grams chicken thighs
- 400 grams sieved tomatoes
- 125 grams kidney beans (drained weight)
- 100 grams grated cheese
- 100 grams corn (drained weight)
- 1 sachet Enchilada Seasoning mix from Santa Maria
- 2 onions
- 2 cloves of garlic
- 80 grams sour cream



Preparation:

Preheat the oven to 200 degrees. Season the chicken fillets with salt and pepper and fry them alternately in the pan with $\frac{1}{2}$ tablespoon of oil. Let the chicken fillets cool slightly and pull them apart with a fork so that you get "pulled chicken". Meanwhile, mix the sieved tomatoes with 50 ml of tap water and the Enchilada Seasoning Mix. Chop the garlic and onion and fry it in leftover oil with the addition of another $\frac{1}{2}$ tablespoon of oil. Add the chicken along with the kidney beans and corn. Add half of the tomato sauce and half of the cheese. Spread a little of the tomato sauce over the bottom of a baking dish. Take a tortilla and fill it with chicken, then roll up the tortilla and place them in the baking dish. Repeat alternately with the flavors of the tortilla and until they are all used up. Divide the rest of the tomato sauce and cheese over the enchiladas and bake in the oven for ~ 15 minutes until the cheese has melted.

Nutritional value per portion:

Energy:	596 kcal
Protein:	75.5 grams
Carbohydrates:	99.9 grams
- including sugars:	28.5 grams
Fat:	48.7 grams
Fiber:	17.2 grams
Salt:	8.3 grams