

## COMPETITION MEAL IDEAS – CHICKEN ENCHILADAS WITH TOMATO SALSA





Chicken Enchiladas with tomato salsa could be used as a mains. It is from Mexico.

### Ingredients



- 1 roast chicken, skin and bones removed, meat chopped.
- 1 red capsicum diced
- 1 red onion roughly chopped
- 3 shallots thinly sliced
- 1  $\frac{3}{4}$  cups grated tasty cheese
- 6 large flour tortillas
- 375 g Old El Paso Thick and Chunky Medium Salsa Sauce
- 1 x 400 g tin red kidney beans
- Sour Light Cream to serve
- Fresh Parsley sprigs to serve

### TOMATO SALSA

- 3 ripe tomatoes
- $\frac{1}{4}$  red onion
- 1 tablespoon of fresh lime juice





## Method

1. Preheat the oven to 200 degrees Celsius.



## Method (Continued)



2. Remove the meat from the chicken and chop.



3. Slice and or chop the capsicum, onion and shallots.







## Method (Continued)

4. Combine the chicken, capsicum, onion, shallots and half the cheese in a bowl.





## Method (Continued)



5. Add the kidney beans to the mixture and combine.







## Method (Continued)

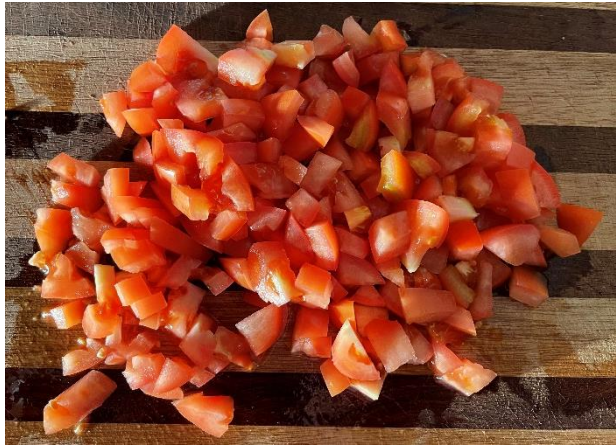
6. Place 1 tortilla on a clean work surface. Top with one – sixth of the chicken and salsa mixture. Place 1 tablespoon of the salsa sauce on top. Roll up to enclose the filling. Place in an oven proof dish. Repeat with the remaining tortillas and mixture. Spoon over the remaining salsa sauce and sprinkle with remaining cheese. Bake for 20 minutes or until the cheese melts and the filling is heated through.





## Method (Continued)

7. To make the tomato salsa, roughly chop the tomato and onion and combine in a bowl. Add the lime juice and mix.







## Method (Continued)

8. Once cooked place an enchilada on a plate, top with the tomato salsa mix, sour light cream and sprigs of parsley.

