

**SERVES 6**



## CHICKEN ENCHILADAS

### INGREDIENTS

6 chicken breasts, roughly chopped  
2 large onion  
1 tsp dried red chili flakes  
½ tsp cumin powder  
½ tsp BBQ spice  
¼ tsp cinnamon  
1 tsp crushed garlic  
1 tsp brown sugar

½ cup chopped fresh coriander  
2 tbsp sunflower oil  
½ packet Cream of Chicken soup powder (dissolve in 400ml milk)  
Salt and pepper to taste  
2 cup cooked rice  
6 medium tortillas

### METHOD

Pre-heat oven to 200 C.

Mix the chicken, onion, spices, garlic and sugar together in a mixing bowl.

Heat skillet on medium heat – add oil and fry the chicken mixture for 5min.

Pour in the soup/ milk solution and cook for 10 min.

Add the cooked rice and corn – stir till mixed well.

Grease the bottom of a Twinsaver Foil Casserole Dish.

Divide the chicken mix into 4 portions. Scoop mixture into center of tortilla wrap and roll like a pancake. Place into foil dish. Repeat with the other 3 wraps.

Sprinkle cheese over top and bake till cheese melts.

Serve with sour cream and freshly chopped tomato and onion mixture.

**COOKING TIP:** Enchiladas freeze well. Cover and freeze before adding the cheese on top. Defrost before melting cheese on top.