

Chicken Enchiladas

Ingredients

2 Chicken Breasts
1 Onion
1 Chilli
100g Cheddar Cheese
1 Red Pepper
250ml Yoghurt
100ml Soured Cream
40g Sweetcorn
4 Tortillas



Oven Proof Dish

Method

Preheat the oven to 180°C

Chop the chicken into small chunks

Using a clean knife and chopping board, peel and slice the onion

De-seed and finely chop the chilli

Grate the cheese

De-seed and chop the pepper

Fry the chicken, onion and chilli in a pan with a little oil until the chicken is thoroughly cooked all the way through

Combine the yoghurt, sour cream, onion, peppers, sweetcorn, chicken and half the cheese in a large mixing bowl

Place 3 spoons of the mixture into each tortilla and roll up

Place the tortillas seam side down into the baking dish

Spread the remaining mixture on top of the tortillas and sprinkle with cheese.

Bake for 30 minutes, until the cheese is golden brown