

DINNERLY



No Chop! Low-Cal Chicken Enchiladas with Roasted Red Peppers



30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make these chicken enchiladas? Personally, we'd choose B. This dish requires absolutely no prepwork—just season the ready-to-heat shredded chicken, assemble the enchiladas, and bake. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- 4 oz red enchilada sauce
- ½ lb pkg ready to heat chicken
- ¼ oz taco seasoning
- 4 oz roasted red peppers
- 6 (6-inch) flour tortillas ^{1,6}
- 2 oz shredded cheddar-jack blend ⁷

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

TOOLS

- 8x8-inch baking dish
- medium nonstick skillet

ALLERGENS

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 580kcal, Fat 20g, Carbs 63g, Protein 43g



1. Prep sauce & filling

Preheat oven to 425°F with a rack in the center. Grease an 8x8-inch baking dish with **oil**.

In a liquid measuring cup, stir to combine ½ **cup water** and **all of the enchilada sauce**; set aside until step 3.

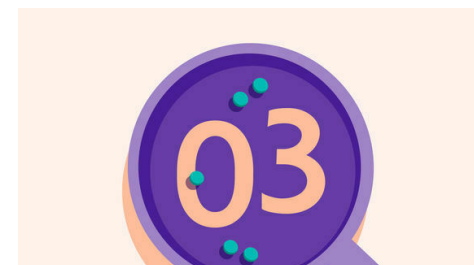
Pat **chicken** dry; transfer to a medium bowl. Use fingers to break into bite-sized pieces. Toss with **taco seasoning** and **red peppers**. Season with **salt** and **pepper**.



2. Assemble enchiladas

Rub both sides of each **tortilla** with **oil**. Heat a medium nonstick skillet over medium-high. Cook one tortilla at a time until browned in spots and starting to puff, about 30 seconds per side.

Place tortillas on a clean work surface; evenly divide **chicken** among them. Tightly roll up into cylinders and place, seam-side down, in prepared baking dish.



3. Bake & serve

Pour **reserved enchilada sauce** evenly over **tortillas**; sprinkle **cheese** over top.

Bake **chicken enchiladas** on center oven rack until edges are golden-brown and sauce is thickened and bubbling, 18–20 minutes. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!