

# Chicken Enchiladas

## Ingredients

2 enchilada tortillas  
½ tsp olive oil  
¼ red onion, chopped  
¼ red capsicum, diced  
½ chicken breast, cut into long thin strips  
¼ (less than) tsp chilli powder  
¾ cup can of chopped tomato  
1 Tb corn kernels  
1 Tbsp canned red kidney beans, rinsed, drained  
salt and pepper, to taste  
¼ cup grated tasty cheese

## Salsa

¼ of a tomato, diced  
¼ of red onion, finely diced  
¼ avocado, diced  
Juice from ¼ lemon or lime  
Garnish  
1 sprig coriander leaves

## Method

1. Preheat oven to 180°C.
2. Heat olive oil in frying pan then sauté onion, capsicum and chicken. Cook until chicken is beginning to brown.
3. Add chilli powder and cook, stirring, for a further 2 minutes.
4. Add tomatoes and cook, stirring, for 2 to 3 minutes.
5. Add corn, beans and salt and pepper.
6. Remove from heat and stir to combine.
7. Place ¼ cup filling on each tortilla. Roll up then place seam side down in
8. baking dish/tray.
9. Repeat with remaining tortilla and filling.
10. Place tortillas on a baking tray.
11. Sprinkle with cheese. Bake for 10 to 15 minutes or until cheese melts.
12. Make the salsa by combining tomato, onion and avocado and
13. lemon/lime juice in a small bowl. Toss to coat.
14. Serve with salsa and garnish with coriander leaves.