

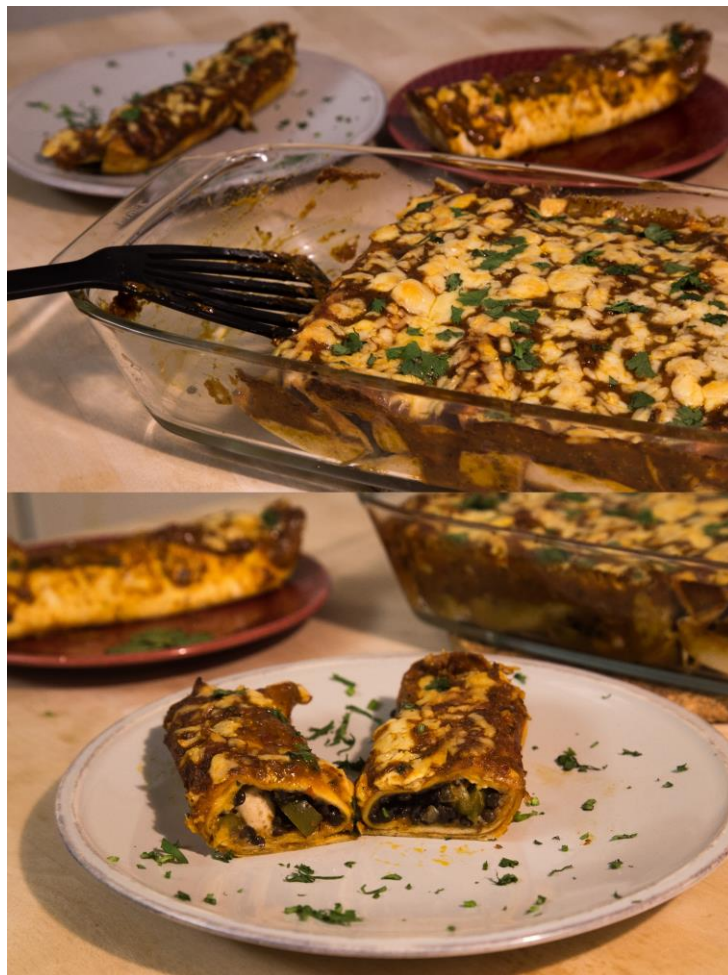
# Chicken Enchiladas

A spicy "Mexican lasagna" deliciously braised in the oven. Filled with chicken, jalapenos, lentils, cheese and a homemade enchilada sauce, this dish will make you crave for more.

Preparation time: **40 min** + Cooking time: **40 min** = **Total time: 1h 20min**

Serves 4 people.

5 tb.	Olive oil
400g	Chicken breast
1	Onion, in half-rings
115g	Sliced green jalapenos
130g	Black (beluga) lentils
3 tb.	Flour
3 tb.	Sweet paprika powder
1 ts.	Garlic powder
5 ts.	Chili flakes
2 ts.	Oregano
1 ts.	Black pepper
600ml	Vegetable stock
8	Flour tortillas (about 20cm in diameter)
200g	Cheddar cheese, grated
	Cilantro
	Salt



## Simple Steps to Succeed

1. Cut the chicken into small pieces and season with salt and pepper.
2. Heat 2 tb. of olive oil in a pan. Once hot, fry the chicken breast until done.
3. In the meantime pour the lentils with 400ml of water into a small pan. Heat until the water cooks, reduce heat and let it cook until soft. Season with salt once done.
4. Add the onions to the pan with the chicken and sauté until translucent.
5. Add the jalapeños and let it fry for a minute. Set aside in a bowl, but keep the pan for the sauce:
6. Heat 3 tb. of olive oil. Add all the spices, flour and 1 ts. of salt and quickly deglaze with the vegetable stock. Reduce the sauce until thick, keep stirring to make a smooth, homogenous sauce. Optionally you can season the sauce with hot sauce.
7. Preheat the oven to 180°C.
8. Spread a spoonful of sauce on a tortilla. Note that you should use only about a third of the sauce in total for the filling.
9. Add an eighth of the lentils in the middle (as shown on the picture). Also add an eighth of the chicken-jalapeño mixture.



10. Sprinkle some cheese on top. Note that you should use only about a third of the cheese in total for the filling.
11. Roll it up and place in a reasonable sized baking tray that is just big enough to fit all eight tortillas.
12. Spread the remaining sauce on top and sprinkle with all the remaining cheese.



13. Put in the oven for about 20 minutes.
14. Garnish with chopped cilantro and serve hot.