

chicken enchiladas recipe jamie oliver

Chicken enchiladas recipe Jamie Oliver is a delightful dish that combines the flavors of tender chicken, rich sauces, and gooey cheese, all wrapped in soft corn tortillas. Jamie Oliver, renowned for his approachable cooking style and emphasis on fresh ingredients, offers a recipe that is not only easy to follow but also packed with flavor. This article will guide you through the steps to create these scrumptious enchiladas, along with tips, variations, and serving suggestions.

Ingredients for Chicken Enchiladas

To prepare Jamie Oliver's chicken enchiladas, you will need the following ingredients. The recipe typically serves 4-6 people:

For the Chicken Filling:

- 2 chicken breasts (approximately 500g), cooked and shredded
- 1 red onion, finely chopped
- 2 cloves garlic, minced
- 1-2 fresh green chilies, chopped (adjust to taste)
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 can (400g) black beans, drained and rinsed
- 100g sweet corn (fresh or canned)
- Salt and pepper to taste
- A handful of fresh coriander, chopped (for garnish)

For the Enchilada Sauce:

- 1 tablespoon olive oil
- 1 red onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 can (400g) chopped tomatoes
- 200ml chicken stock
- Salt and pepper to taste

For Assembling the Enchiladas:

- 8-10 corn tortillas
- 200g grated cheese (cheddar or a Mexican blend)
- Sour cream, for serving
- Additional fresh coriander, for garnish

Preparation Steps

Now that you have gathered all the necessary ingredients, let's break down the preparation process into manageable steps.

Step 1: Prepare the Chicken Filling

1. In a skillet, heat a tablespoon of olive oil over medium heat.
2. Add the chopped red onion and sauté until soft, about 5 minutes.
3. Stir in the minced garlic and chopped chilies, cooking for an additional 2 minutes.
4. Add the shredded chicken, ground cumin, and smoked paprika. Stir to combine and cook for another 5 minutes.
5. Fold in the black beans and sweet corn, cooking until warmed through. Season with salt and pepper to taste.
6. Remove from heat and set aside.

Step 2: Make the Enchilada Sauce

1. In a separate saucepan, heat the olive oil over medium heat.
2. Add the chopped red onion and sauté until translucent, about 5 minutes.
3. Stir in the minced garlic, ground cumin, and smoked paprika, cooking for 1-2 minutes until fragrant.
4. Pour in the chopped tomatoes and chicken stock. Season with salt and pepper. Bring to a simmer and let cook for about 10-15 minutes, allowing the flavors to meld.
5. Use a blender or immersion blender to puree the sauce until smooth (optional). This step gives the sauce a nice texture but can be skipped if you prefer a chunkier sauce.

Step 3: Assemble the Enchiladas

1. Preheat your oven to 190°C (375°F).
2. Spread a thin layer of enchilada sauce on the bottom of a baking dish to prevent sticking.
3. Warm the corn tortillas slightly in a dry skillet or microwave until pliable.
4. Take a tortilla, place a generous amount of the chicken filling in the center, and roll it up tightly. Place the rolled tortilla seam-side down in the baking dish.
5. Repeat this process with the remaining tortillas and filling, arranging them snugly in the dish.
6. Once all tortillas are assembled, pour the remaining enchilada sauce over the top.
7. Sprinkle the grated cheese evenly over the sauce.

Step 4: Bake the Enchiladas

1. Cover the baking dish with aluminum foil and place it in the preheated oven.
2. Bake for 15 minutes, then remove the foil and bake for an additional 10-15 minutes, or until the cheese is melted and bubbly.
3. Once done, remove from the oven and let it cool for a few minutes.

Serving Suggestions

Chicken enchiladas are best enjoyed fresh out of the oven, but they can also be prepared ahead of time and reheated. Here are some ideas for serving:

- Toppings: Serve with a dollop of sour cream, fresh coriander, diced avocado, or sliced jalapeños for an extra kick.
- Sides: Pair with a simple green salad, Mexican rice, or refried beans for a complete meal.
- Beverages: Complement your enchiladas with a refreshing margarita, a cold beer, or a glass of homemade lemonade.

Tips and Variations

Jamie Oliver's chicken enchiladas recipe is versatile, allowing for various adaptations based on personal preferences or dietary restrictions.

Ingredient Substitutions:

- Protein: Substitute chicken with shredded rotisserie chicken, turkey, or even beans for a vegetarian option.
- Cheese: Experiment with different types of cheese like Monterey Jack, queso fresco, or a vegan cheese alternative.
- Vegetables: Add sautéed bell peppers, zucchini, or mushrooms to the filling for extra veggies.

Make-Ahead Instructions:

- You can prepare the enchiladas and sauce a day in advance. Store them in the refrigerator and bake just before serving.
- Enchiladas can also be frozen. Assemble the dish, cover tightly with foil, and freeze for up to three months. When ready to eat, thaw overnight in the refrigerator and bake as directed.

Cooking for a Crowd:

- Double the recipe to feed a larger group. Just ensure you have a sufficiently large baking dish.
- Consider offering a taco bar with various toppings for guests to customize their enchiladas.

Conclusion

Making Jamie Oliver's chicken enchiladas is a rewarding culinary experience that results in a comforting, flavorful dish perfect for family dinners or gatherings with friends. The combination of shredded chicken, zesty sauce, and melted cheese wrapped in soft tortillas creates a satisfying meal that everyone will love. With the flexibility to adapt the recipe to suit your taste, you can create a version of enchiladas that is uniquely yours. So gather your ingredients, follow the steps, and enjoy a

delicious homemade feast!

Frequently Asked Questions

What is Jamie Oliver's approach to making chicken enchiladas?

Jamie Oliver emphasizes using fresh ingredients and simple techniques, often incorporating homemade sauces and a variety of spices to enhance the flavor of the chicken enchiladas.

What ingredients are typically used in Jamie Oliver's chicken enchiladas?

Common ingredients include shredded chicken, tortillas, cheese, onions, bell peppers, garlic, and a homemade enchilada sauce made from tomatoes and spices.

How long does it take to prepare Jamie Oliver's chicken enchiladas?

Preparation time is usually around 20 minutes, with an additional 30 minutes for cooking, making it a great option for a quick weeknight meal.

Can I make Jamie Oliver's chicken enchiladas ahead of time?

Yes, you can prepare the enchiladas ahead of time, assemble them, and refrigerate before baking. Just add a few extra minutes to the cooking time if baking from cold.

What tips does Jamie Oliver give for enhancing the flavor of chicken enchiladas?

Jamie suggests marinating the chicken beforehand, using fresh herbs, and making a flavorful sauce with roasted tomatoes and spices to elevate the dish.

Is Jamie Oliver's chicken enchiladas recipe suitable for a family meal?

Absolutely! The recipe is designed to serve multiple people and is a great way to enjoy a delicious and comforting meal with the whole family.

Are there any vegetarian options in Jamie Oliver's chicken enchiladas recipe?

While the traditional recipe features chicken, you can easily substitute the chicken with beans, lentils, or vegetables to create a delicious vegetarian version.

What sides pair well with Jamie Oliver's chicken enchiladas?

Sides like Mexican rice, guacamole, salsa, or a fresh salad complement the chicken enchiladas perfectly, enhancing the overall meal experience.

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