

# Chicken & Black Bean Enchiladas

with Creamy Cilantro Sauce

🕒 40-50 MINS | 4 SERVINGS

These crowd-pleasing enchiladas are stuffed with a hearty filling of Mexican-spiced chicken, black beans, kale, and tender bites of rice. It's all brought together with a bit of rich sour cream.



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## Ingredients



1 1/8 lbs  
CHOPPED CHICKEN  
BREAST



1 15.5-oz can  
BLACK BEANS



1 bunch  
KALE



1/4 cup  
CILANTRO SAUCE



8  
FLOUR TORTILLAS



1/2 cup  
BROWN RICE



4 oz  
MONTEREY JACK  
CHEESE



1/2 cup  
SOUR CREAM



1 Tbsp  
MEXICAN SPICE  
BLEND\*

\*Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano



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### 1 Cook the rice:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Fill a medium pot  $\frac{3}{4}$  of the way up with water; add a **big pinch of salt**. Cover and heat to boiling on high.
- Once boiling, add the **rice**. Cook, uncovered, 17 to 19 minutes, or until tender. Drain thoroughly.



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### 2 Cook the chicken & kale:

- Meanwhile, wash and dry the **kale**. Separate the leaves from the stems; discard the stems, then thinly slice the leaves.
- Pat the **chicken** dry with paper towels. Place in a bowl; season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Toss to coat.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **sliced kale**. Cook, stirring occasionally, 3 to 4 minutes, or until the kale is slightly wilted and the chicken is browned and cooked through.
- Transfer to a large bowl.



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### 3 Prepare the remaining ingredients & make the sauce:

- Meanwhile, drain and rinse the **beans**.
- Grate the **cheese** on the large side of a box grater.
- In a bowl, whisk together the **cilantro sauce** and **half the sour cream**. Taste, then season with salt and pepper if desired.



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### 4 Make the filling & assemble the enchiladas:

- To the bowl of **cooked chicken and kale**, add the **cooked rice, drained beans, remaining sour cream**, and a drizzle of **olive oil**; stir to combine. Taste, then season with salt and pepper if desired.
- Place the **tortillas** on a work surface. Evenly spread about **2 cups of the filling** into the bottom of a baking dish.
- Divide the **remaining filling** among the tortillas; tightly roll up each tortilla around the filling. Transfer to the baking dish in a single layer, seam side down.



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### 5 Bake the enchiladas & serve your dish:

- Evenly top the **enchiladas** with the **sauce** and **grated cheese**; season with salt and pepper.
- Bake 8 to 10 minutes, or until lightly browned and the cheese is melted.
- Remove from the oven and let stand at least 2 minutes before serving. Enjoy!



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 780, Total Carbohydrates: 72g, Dietary Fiber: 8g, Added Sugar: 0g, Total Fat: 34g, Saturated Fat: 13g, Protein: 51g, Sodium: 1360mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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