

- Prep Time: 30 minutes
 - Cook Time: 45 minutes
 - Total Time: 1 hour 15 minutes
 - Servings: 6 people (2 enchiladas each)
 - Cuisine: Mexican
 - Course: Main Course
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Ingredients

For the Green Chile Sauce (Salsa Verde)

- 1.5 lbs (680g) tomatillos, husked and rinsed
- 2 poblano peppers, stems and seeds removed
- 1-2 jalapeño peppers, stems removed (adjust for desired heat)
- 1 medium white onion, peeled and quartered
- 4 cloves garlic, unpeeled
- 1 cup fresh cilantro leaves, loosely packed (plus more for garnish)
- 1 tsp ground cumin
- 1 tsp kosher salt, or to taste
- 1 tbsp vegetable oil

- 2 cups low-sodium chicken broth

For the Chicken Filling

- 1.5 lbs (680g) boneless, skinless chicken breasts (or thighs)
- 1 tbsp olive oil
- 1 tsp kosher salt
- ½ tsp black pepper
- ½ tsp garlic powder
- ¼ tsp ground cumin

For Assembly and Baking

- 12 (6-inch) corn tortillas
- 3 tbsp vegetable oil (for softening tortillas)
- 4 cups (16 oz) shredded cheese (a mix of Monterey Jack and sharp Cheddar is excellent)

- ½ cup crumbled cotija cheese (for garnish)
 - ½ cup sour cream or Mexican crema (for serving)
 - ¼ cup chopped fresh cilantro (for garnish)
 - ¼ cup finely chopped red onion (for garnish)
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Equipment

- Large baking sheet
 - Blender
 - Large skillet
 - 9×13-inch baking dish
 - Aluminum foil
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Instructions

Phase 1: Roasting the Vegetables (Time: 10-15 minutes | Intensity: Moderate)

1. Prepare for Roasting: Preheat your oven's broiler to high. Line a large baking sheet with aluminum foil for easy cleanup.
2. Arrange Vegetables: Place the husked tomatillos, poblano peppers, jalapeños, quartered onion, and unpeeled garlic cloves on the prepared baking sheet. Drizzle with a little olive oil and toss to coat lightly.
3. Broil: Place the baking sheet under the broiler, about 6 inches from the heat source. Broil for 8-12 minutes, turning the vegetables halfway through, until they are blistered, charred in spots, and softened. The tomatillos should be bursting and release their juices. Remove from the oven and let cool slightly.

Phase 2: Preparing the Sauce (Time: 10 minutes | Intensity: Low)

1. Blend the Sauce: Once the roasted vegetables are cool enough to handle, squeeze the now-soft garlic from their skins. Transfer the garlic, tomatillos, peppers, onion, and any juices from the pan to a blender. Add the fresh cilantro, ground cumin, and 1 teaspoon of salt.
2. Add Broth: Pour in 1 cup of the chicken broth. Blend on high until the mixture is completely smooth. Set the sauce aside.

3. **Sauté the Sauce:** Heat 1 tablespoon of vegetable oil in a large skillet over medium-high heat. Carefully pour the blended sauce into the hot skillet (it may splatter). Bring to a simmer and cook for 5-7 minutes, stirring occasionally, until the sauce has slightly thickened and deepened in color. Stir in the remaining 1 cup of chicken broth to reach a pourable consistency. Taste and season with more salt if needed. Reduce heat to low to keep warm.

Phase 3: Cooking and Shredding the Chicken (Time: 15-20 minutes | Intensity: Low)

1. **Poach the Chicken:** While the sauce simmers, you can cook the chicken. Season the chicken breasts on both sides with salt, pepper, garlic powder, and cumin.
2. **Cook:** Heat 1 tablespoon of olive oil in a separate skillet over medium-high heat. Add the seasoned chicken and cook for 5-7 minutes per side, until golden brown and cooked through (internal temperature reaches 165°F/74°C).
3. **Shred:** Transfer the cooked chicken to a cutting board and let it rest for 5 minutes. Using two forks, shred the chicken into bite-sized pieces. Place the shredded chicken in a medium bowl.

Phase 4: Assembling the Enchiladas (Time: 20 minutes | Intensity: High)

1. **Preheat Oven:** Preheat your oven to 350°F (175°C). Lightly grease a 9×13-inch baking dish.

2. Prepare the Filling: Add 1 cup of the prepared green sauce and 1 cup of the shredded cheese to the bowl with the shredded chicken. Mix well to combine.
3. Soften the Tortillas: This is a crucial step to prevent your enchiladas from cracking. Heat 3 tablespoons of vegetable oil in a small skillet over medium heat. Working one at a time, quickly dip each corn tortilla into the hot oil for about 10-15 seconds per side. The tortilla should become pliable but not crispy. Remove and drain on a paper towel-lined plate.
4. Roll the Enchiladas: Take a softened tortilla and dip it into the warm green sauce, coating both sides. Lay it flat in the baking dish. Place about 1/4 cup of the chicken filling down the center of the tortilla. Roll it up tightly and place it seam-side down in the baking dish. Repeat with the remaining tortillas and filling.
5. Top and Bake: Pour the remaining green sauce evenly over the top of the rolled enchiladas. Sprinkle the remaining 3 cups of shredded cheese over the sauce.
6. Bake: Cover the baking dish with foil and bake for 20 minutes. Then, remove the foil and bake for another 10-15 minutes, until the cheese is melted, bubbly, and starting to turn golden brown.

Phase 5: Finishing and Serving (Time: 5 minutes | Intensity: Low)

1. Rest: Remove the enchiladas from the oven and let them rest for 5-10 minutes. This allows the filling to set and makes them easier to serve.
2. Garnish: Sprinkle the top with crumbled cotija cheese, chopped fresh cilantro, and finely

chopped red onion.

3. Serve: Serve hot, with a dollop of sour cream or Mexican crema on the side.

Nutrition Information (Estimated)

Please note that this is an estimate and can vary based on specific ingredients and portion sizes.

- Serving Size: 2 enchiladas
- Calories: ~680 kcal
- Total Fat: 38g
- Saturated Fat: 18g
- Cholesterol: 130mg
- Sodium: 950mg
- Total Carbohydrates: 38g

- Dietary Fiber: 6g

- Sugars: 8g

- Protein: 48g