Enchiladas: Slow Cooker Mexican Chicken

Slow cooked chicken breasts shredded into a rich and savoury sauce



PREP	COOK	TOTAL	SERVES	CALORIES
30 min	3 hr 30 min	4 hr 10 min	6 servings	410 kcal

Ingredients

- 200 g onion, finely chopped
- 2 garlic cloves, minced
- 30 ml vegetable oil
- 5 ml cumin powder
- 5 ml smoked paprika
- 5 ml chilli powder
- 450 g boneless skinless chicken breast
- 200 ml halal chicken broth
- 700 ml red enchilada sauce
- 5 g salt
- 1 g black pepper
- 12 corn tortillas
- 200 g shredded cheddar cheese
- 50 g shredded Monterey Jack cheese

Instructions

1. Sauté the aromatics: Heat 30 ml vegetable oil in a medium skillet over medium heat until it shimmers. Sauté the onion for 3 minutes until translucent. Add the garlic, cumin, smoked paprika, and chilli powder, stirring for 1 minute. Sautéing these first builds a depth of flavour that a slow cooker cannot achieve alone.

2. Prepare the pot: Transfer the aromatics to a 1.7 l slow cooker. Crumble the chicken breast into the pot. Pour in the chicken broth and 350 ml of the red enchilada sauce. Season with salt and black pepper, stirring to ensure the chicken is fully coated.
3. Slow cook chicken: Cover the slow cooker and cook on HIGH for 3 hours 30 minutes, or on LOW for 7 hours. Use a meat thermometer to check that the chicken reaches an internal temperature of 74°C (165°F). This ensures the meat is safe to eat and tender.
4. Shred the meat: Remove the slow cooker from the heat. Use two forks to shred the cooked chicken into bite-sized pieces. Return the shredded meat to the pot and stir it into the sauce.
5. Toast the tortillas: Slice the corn tortillas into 5 cm-wide strips. Toast them in a dry skillet over medium heat for 1 minute per side until lightly browned. You must do this to prevent the tortillas from becoming soggy once they hit the sauce.
6. Melt the cheese: Stir the toasted tortilla strips into the chicken. Sprinkle the cheddar and Monterey Jack cheese over the top. Cover and cook on LOW for 15 minutes until the cheese has melted and the mixture is hot throughout.

Notes

What goes wrong and whySoggy tortillas ruin the texture of the dish. This happens when corn tortillas absorb too much liquid without a protective barrier. Toast your 5 cm-wide strips in a dry skillet until lightly browned. This creates a firmer structure that resists the sauce while cooking in the slow cooker.

What to serve with itPair these enchiladas with a simple side salad of mixed greens and cherry tomatoes with a vinaigrette. For more contrast, serve a few warm corn tortillas on the side. You can also add a spoonful of guacamole or plain Greek yoghurt to the top for added creaminess.

Storing and reheatingCool the dish to room temperature within 2 hours and store in an airtight container in the fridge for 3 days. For the freezer, wrap portions in cling film and use a freezer-proof bag for 2 months. Thaw in the fridge overnight before reheating on LOW.