

Helergon Kitchen

Chicken Enchilada Rice Casserole

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 1 cup long-grain white rice
- [ ] 1 ½ cups enchilada sauce
- [ ] 1 cup shredded cheddar cheese
- [ ] ½ cup shredded mozzarella cheese
- [ ] 1 cup frozen corn kernels
- [ ] 1 small onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp olive oil
- [ ] 2 tsp cumin
- [ ] ½ tsp smoked paprika
- [ ] 1 tbsp lime juice

Optional Add-ins

- [ ] ½ cup black beans, rinsed
- [ ] ¼ cup chopped fresh cilantro
- [ ] 1 tsp honey (optional for balance)

Instructions

1. Preheat the oven to 375°F (190°C). In a large skillet, heat olive oil over medium heat, add onion and garlic, and sauté until fragrant, about 2 minutes.
2. Stir in cumin and smoked paprika, then add the diced chicken. Cook until the chicken is lightly browned, about 5 minutes.
3. Add the rice, corn, and enchilada sauce to the skillet. Mix well, then pour the mixture into a greased 9-x-13 inch baking dish.
4. Top with the shredded cheddar and mozzarella, cover with foil, and bake for 20 minutes.
5. Remove foil, bake an additional 5-7 minutes until cheese is bubbly and golden. Drizzle lime juice, sprinkle cilantro, and let rest for 5 minutes before serving.

Nutrition per serving

420 kcal	30 g	45 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier kick, stir in a pinch of cayenne pepper with the spices.
- For a creamier texture, fold in a half-cup of sour cream after baking.
- Use a glass baking dish for a more even heat distribution.