



Chicken Flautas

with Guacamole, Shredded Romaine & Salsa



20-30min



2 Servings

Flautas are a traditional Mexican dish that consist of rolled-up tortillas filled with meat, cheese, or veggies that are then fried until crunchy. For our take, we fill corn tortillas with seasoned shredded chicken and bake them until crisp. The flautas are served with salsa, guacamole, sour cream, and served over fresh romaine.

What we send

- scallions
- garlic
- ¼ oz fresh cilantro
- 6 (6-inch) flour tortillas ¹
- ½ lb shredded chicken
- 4 oz salsa
- 2 oz cheddar ⁷
- 1 romaine heart
- 1 oz sour cream ⁷
- 2 oz guacamole

What you need

- neutral oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar

Tools

- medium skillet
- rimmed baking sheet

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 660kcal, Fat 36g, Carbs 44g, Protein 40g



1. Prep ingredients

Trim **scallions**, then finely chop about ¼ cup. Finely chop **1 teaspoon garlic**. Coarsely chop **cilantro leaves and stems**. Wrap **tortillas** in a damp paper towel, then microwave on high until warm and pliable, about 45 seconds. (Alternatively, toast tortillas directly over a gas flame on medium heat, until lightly charred, about 30 seconds per side. Stack and wrap in foil as you go).



4. Assemble flautas

Coarsely chop or grate **cheddar**, if necessary. Generously **oil** a rimmed baking sheet. Place **1 tortilla** on work surface, then spoon about **⅓ cup of the filling** onto one side. Top filling with some of the cheese and roll tightly, starting at the filled side of the tortilla. Place onto prepared baking sheet, seam side down. Repeat with 5 more tortillas.



2. Start filling

Preheat oven to 425°F with a rack in the upper third. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **shredded chicken** and **3 tablespoons of the scallions**; season with **salt** and **pepper**. Cook until scallions are fragrant and chicken is warmed through, about 2 minutes.



5. Bake flautas

Generously brush tops and sides of **flautas** with **oil**. Bake on upper oven rack until golden-brown and crisp, about 15 minutes (watch closely as ovens vary).



3. Finish filling

Stir **chopped garlic, half of the cilantro**, and **¼ cup salsa** into skillet with **chicken**. Cook over medium-high heat, stirring, until garlic is fragrant and salsa is warm, about 30 seconds. Remove skillet from heat and season filling to taste with **salt** and **pepper**.



6. Make salad & serve

Halve **romaine** lengthwise; thinly slice crosswise, discarding end. In a medium bowl, stir to combine **sour cream**, **remaining cilantro and scallions**, **1 tablespoon each of oil and water**, **1 teaspoon vinegar**, and **a pinch of sugar**; season to taste with **salt** and **pepper**. Add romaine to bowl; toss to coat. Serve **flautas** with **guacamole**, **remaining salsa**, and **salad**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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