



## Chicken Flautas

with Guacamole, Shredded Romaine & Salsa



20-30min



2 Servings

Fast, fresh, flavorful—it's no surprise these chicken flautas are a crowd favorite! For a lightened-up spin on a classic deep-fried Mexican meal, we fill tortillas with seasoned ground chicken and cheddar-jack cheese, then bake them until crisp and crunchy. When it comes to the toppings, make dinner time fun! Mix and match the salsa, guacamole, and sour cream, or all three!



## What we send

- 2 scallions
- ¼ oz fresh cilantro
- 6 (6-inch) flour tortillas <sup>1,6</sup>
- 10 oz pkg ground chicken
- 4 oz salsa
- 2 oz shredded cheddar-jack blend <sup>7</sup>
- 1 romaine heart
- 1 oz sour cream <sup>7</sup>
- 2 oz guacamole

## What you need

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

## Tools

- microwave
- medium skillet
- rimmed baking sheet

## Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 820kcal, Fat 43g, Carbs 65g, Protein 51g



### 1. Prep ingredients

Trim **scallions**, then finely chop. 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

Generously **oil** a rimmed baking sheet. Place **tortillas**, one at a time, on a clean work surface, then spoon about **½ 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 remaining 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 **ground chicken** and **3 tablespoons of the chopped scallions**; season with **salt** and **pepper**. Cook, breaking meat up into small pieces and stirring occasionally, until chicken is lightly browned and cooked through and scallions are fragrant, 4-5 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 chopped 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 **lettuce** lengthwise and thinly slice crosswise; discard stem end. In a medium bowl, stir to combine **sour cream**, **remaining chopped cilantro and scallions**, **1 tablespoon each of oil and water**, **1 teaspoon vinegar**, and a **pinch of sugar**; season with **salt** and **pepper**. Add lettuce to bowl; toss to coat. Serve **flautas** with **guacamole**, **remaining salsa**, and **salad**. Enjoy!