



Oven-Fried Flautas with Ready to Heat Chicken

Taco Sauce & Cheddar



30-40min



2 Servings

Flautas are a traditional Mexican dish consisting of rolled-up tortillas filled with meat, cheese, or veggies. They are then fried until crunchy. Here, we fill flour tortillas with ready to heat chicken and cheddar, and then oven-fry them to get that satisfying crunch in each bite. The flautas are served with tomatoey-taco spiced dipping sauce, sour cream, and fresh cilantro.

What we send

- 1 red onion
- 1 poblano pepper
- garlic
- ½ lb pkg ready to heat chicken
- 6 (6-inch) flour tortillas ^{1,6}
- 2 oz shredded cheddar-jack blend ⁷
- ¼ oz taco seasoning
- 8 oz tomato sauce
- ¼ oz fresh cilantro
- 2 (1 oz) sour cream ⁷

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium skillet

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 800kcal, Fat 35g, Carbs 79g, Protein 48g



1. Prep ingredients

Preheat oven to 425°F with a rack in the upper third.

Finely chop **onion**. Halve **poblano pepper**, discard stem and seeds, then finely chop. Finely chop **2 teaspoons garlic**.

Generously **oil** a rimmed baking sheet. Use your fingers to break **chicken** up into bite-sized pieces.



4. Bake flautas

Generously brush tops and sides of **flautas** with **oil**.

Bake on upper oven rack until golden brown and crispy, 15–20 minutes (watch closely as ovens vary).



2. Cook filling

Heat **1 tablespoon oil** in medium skillet over medium-high. Add **peppers** and **all but 2 tablespoons of the onions**; cook until softened and golden brown, about 5 minutes. Add **chicken** and **half of the chopped garlic**; cook, breaking up chicken with a spoon. Stir in **½ cup water**; simmer, scraping up any browned bits, about 1 minute. Season with **salt** and **pepper**.



5. Make taco sauce

Heat **1 tablespoon oil** in reserved skillet over medium-high. Add **all of the taco seasoning** and **remaining chopped garlic**; cook, stirring, until garlic is sizzling, about 1 minute. Stir in **tomato sauce** and **½ cup water**; bring to a boil. Simmer over medium heat until sauce is slightly thickened, about 5 minutes. Season to taste with **salt** and **pepper**.



3. Assemble flautas

Place **tortillas** on a work surface. Spoon about **⅓ cup of the chicken filling** onto one half of each tortilla, spreading into a 4x1-inch rectangle. Top with **some of the cheddar-jack cheese**, then roll tightly, starting at the filled side of the tortilla.

Place **flautas** on prepared baking sheet, seam side down. Wipe out skillet and reserve for step 5.



6. Finish & serve

Coarsely chop **cilantro leaves and stems**. In a small bowl, thin **all of the sour cream** by adding **1 teaspoon water** as needed. Season to taste with **salt** and **pepper**. Serve **flautas** topped with **some of the taco sauce, sour cream, remaining chopped onions**, and **cilantro**. Serve **remaining taco sauce** on the side for dipping. Enjoy!