



## Low-Carb Chicken Enchiladas with Zucchini "Tortillas"

 1h  2 Servings

We've found a way to have "low-carb" and "enchiladas" exist in delicious harmony. Carb conscious bellies rejoice! Thinly sliced zucchini replaces tortillas to cradle a savory chicken and veggie filling before finishing with enchilada sauce and shredded cheese and baked to perfection. Top it all off with shredded lettuce, chopped tomato, sour cream, and a squeeze of lime and find yourself in enchilada heaven.



## What we send

- 2 zucchini
- 1 green bell pepper
- garlic
- ¼ oz fresh cilantro
- 1 lime
- 2 (4 oz) red enchilada sauce
- 10 oz pkg ground chicken
- ¼ oz taco seasoning
- 2 (2 oz) shredded cheddar-jack blend <sup>1</sup>
- 1 romaine heart
- 1 plum tomato
- 2 (1 oz) sour cream <sup>1</sup>

## What you need

- neutral oil
- kosher salt & ground pepper

## Tools

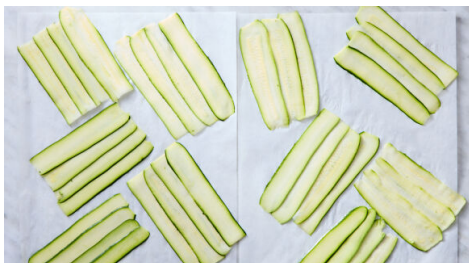
- vegetable peeler
- microplane or grater
- 9x9-inch baking dish
- medium skillet

## Allergens

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

## Nutrition per serving

Calories 770kcal, Fat 49g, Carbs 30g, Protein 52g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Using a vegetable peeler, create long ribbons of **zucchini** (for best results, only use the widest ribbons). Stack 3-4 strips on top of each other to create a 4-inch wide surface, slightly overlapping the ribbons of zucchini. Repeat to create 10 "tortillas."



### 4. Cook chicken

Heat **1 more tablespoon oil** in same skillet over medium-high. Add **ground chicken**; cook, breaking up into pieces, until cooked through, 5-7 minutes. Return **veggies** to skillet along with **garlic, cilantro stems**, and **taco seasoning**. Cook until fragrant, 30 seconds.

Remove from heat and stir in **1 packet of cheese, 1 tablespoon enchilada sauce**, and **juice from 1 lime half**.



### 2. Prep ingredients

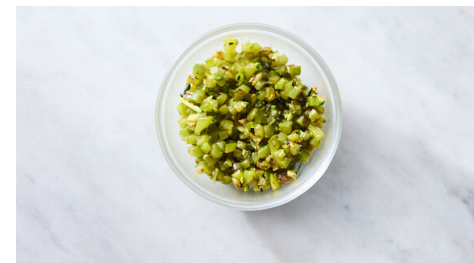
Finely chop **any remaining zucchini**. Cut **bell pepper** in half, remove stem and seeds, then cut into ¼-inch pieces. Finely chop **2 teaspoons garlic**. Remove **cilantro leaves** and wrap in a damp paper towel; finely chop **cilantro stems**. Zest **all of the lime** then halve lime. Spread **3 tablespoons enchilada sauce** evenly over the bottom of a 9x9-inch baking dish.



### 5. Roll enchiladas

Evenly divide **filling** between **zucchini "tortillas"** and tightly roll into a cylinder. Place seam-side down into prepared baking dish. Spread **remaining enchilada sauce** evenly overtop then sprinkle with **remaining cheese**.

Transfer to center oven rack and bake until bubbling and browned, about 20 minutes. Let rest for 10 minutes.



### 3. Cook veggies

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **chopped zucchini** and **peppers** and cook until softened and beginning to brown, about 10 minutes. Transfer to a bowl.



### 6. Prep toppings

Meanwhile, thinly slice **romaine** and cut **tomatoes** into ½-inch pieces. Combine **sour cream** with **lime zest** and thin out with water, 1 teaspoon at a time, until sour cream is smooth and pourable; season with **salt** and **pepper**.

Top **enchiladas** with **romaine, tomatoes, cilantro leaves**, and drizzle with **sour cream**. Serve with **extra lime wedges** on the side. Enjoy!