



Roasted Chicken and Cheese Flautas

with Crema and Spinach Salad

Family 40 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Mexican Seasoning



Monterey Jack Cheese, shredded



Tomato Sauce



Flour Tortillas



Sour Cream



Cherry Tomatoes



Lime



Baby Spinach

HELLO FLAUTAS

Stuffed rolled tortillas baked to golden-brown perfection

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, medium bowl, measuring spoons, zester, aluminum foil, large bowl, small bowl, measuring cups, whisk, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Mexican Seasoning	1 tbsp	2 tbsp
Monterey Jack Cheese, shredded	½ cup	1 cup
Tomato Sauce	2 tbsp	2 tbsp
Flour Tortillas	6	12
Sour Cream	6 tbsp	12 tbsp
Cherry Tomatoes	113 g	227 g
Lime	1	1
Baby Spinach	113 g	227 g
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Halve the **tomatoes**. Zest, then juice the **lime**. Pat **chicken** dry with paper towels. Season the **chicken** all over with the **Mexican seasoning**. Season with **salt** and **pepper**.



Finish chicken

When **chicken** is done, transfer to a large plate or a clean surface. Thinly slice the **chicken** into bite-sized pieces. Add the **chicken**, **half the cheese**, **tomato sauce** and **¼ cup water** (dbl for 4 ppl) to a medium bowl. Stir to combine. Season with **pepper**.



Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then the **chicken**. Sear, until **chicken** is golden-brown, 1-2 min per side. Transfer to a baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 10-12 min.**



Assemble & bake flautas

Turn oven to broil. Arrange **tortillas** on a clean surface. Divide **chicken mixture** down the middle of **each tortilla**. Roll **tortillas** tightly over filling, then arrange them on a foil-lined baking sheet, seam-side down. Sprinkle **remaining cheese** over top. Broil in the **middle** of the oven, until golden-brown, 3-4 min. (**TIP**: Keep an eye on the flautas so they don't burn!)



Make crema & dressing

Stir together **sour cream** and **lime zest** in a small bowl. Season with **salt** and **pepper**. Set aside. Whisk together **1 tbsp lime juice**, **2 tbsp oil** and **½ tsp sugar** (dbl all for 4 ppl), in a large bowl. Set aside.



Finish and serve

Add **spinach** and **tomatoes** to the bowl with **dressing**. Toss to combine. Divide **chicken flautas** and **spinach salad** between plates. Dollop over the **lime crema**.

Dinner Solved!