



In your box

- 🌶️ 1 Jalapeño Pepper
- 2 oz. Light Cream Cheese
- 1 Lime
- 3 oz. Corn Kernels
- 1 oz. Shredded Cheddar-Jack Cheese
- 2 tsp. Garlic Pepper
- 2 oz. Sour Cream
- 2 Green Onions
- 6 Small Flour Tortillas

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Impossible Burger
- 8 oz. Shrimp
- 10 oz. Antibiotic-Free Ground Beef
- 12 oz. Ground Chicken

*Contains: milk, wheat

You will need

Olive Oil, Salt, Cooking Spray

Baking Sheet, Mixing Bowl, Large Non-Stick Pan

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Chicken Jalapeño Popper Flautas

with sour cream and corn

NUTRITION per serving—Calories: 759, Carbohydrates: 61g, Sugar: 8g, Fiber: 5g, Protein: 52g, Sodium: 1719mg, Fat: 36g, Saturated Fat: 15g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

40-50 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **sour cream, green onions**

Customize It Instructions

- If using customized protein, cook with 1 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Follow same instructions as chicken in Steps 3 and 4 (no need to shred).
- If using **ground chicken**, add **seasoning blend** and break up until no pink remains and chicken reaches minimum internal temperature, 7-9 minutes.
- If using **shrimp**, follow same instructions as chicken in Step 1. Cook until shrimp reaches minimum internal temperature, 2-3 minutes per side.
- If using **ground beef**, add seasoning blend and break up until no pink remains and beef reaches minimum internal temperature, 4-6 minutes.
- If using **Impossible burger**, add seasoning blend and break up until no pink remains and burger is heated through, 4-6 minutes.



1. Prepare the Ingredients

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Halve **lime**. Cut one half into wedges and juice the other half.
- Pat **chicken** dry, and drizzle with 1 tsp. **olive oil**. Season both sides with **seasoning blend**.



2. Roast the Chicken and Vegetables

- Place **chicken** and **jalapeño** on one half of prepared baking sheet. Roast in hot oven until chicken is browned, 12-14 minutes.
- Remove from oven. Carefully spread **corn** into a single layer on empty half of baking sheet. Top with 1 tsp. **olive oil**. *Baking sheet will be hot! Use a utensil.*
- Roast again until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.



3. Assemble the Flautas

- Transfer **roasted chicken** to a mixing bowl and let cool slightly, 5 minutes.
- While chicken cools, stem, seed, remove ribs, and coarsely chop **jalapeño**. Retain seeds for more spice. Wash hands and cutting board after working with jalapeño.
- Once cooled, shred chicken into bite-sized pieces. Add $\frac{1}{3}$ the **sour cream** (reserve remaining for topping), jalapeño (to taste), **corn**, 1 tsp. **lime juice**, **cheddar-jack cheese**, **cream cheese**, **white portions of green onions**, and $\frac{1}{4}$ tsp. **salt**. Stir to combine.
- Place **tortillas** on a clean work surface. Divide filling equally, placing in the center of tortillas. Roll tortillas and place seam-side down.



4. Cook the Flautas

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Working in batches if necessary, place **flautas** in hot pan, seam-side down. Cook until browned on one side, 2-3 minutes.
- Replenish oil if necessary. Gently roll to opposite side and cook until browned, 2-3 minutes.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, garnishing **flautas** with remaining **sour cream** and **green portions of green onions**. Squeeze **lime wedges** over to taste. Bon appétit!