



In your box

- 1 Jalapeño Pepper
- 2 oz. Shredded Cheddar Cheese
- 3 fl. oz. Red Enchilada Sauce
- 1 Red Onion
- 3 oz. Corn Kernels
- 1 tsp. Taco Seasoning
- 6 Small Flour Tortillas
- 2 oz. Sour Cream

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 10 oz. Antibiotic-Free Ground Beef
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 10 oz. Ground Beef

*Contains: milk, wheat

You will need

- Olive Oil, Cooking Spray
- Medium Oven-Safe Casserole Dish ,
- Medium Non-Stick Pan, Mixing Bowl



Customer Favorite

Adobo Chicken Enchiladas

with jalapeño pepper and sour cream

NUTRITION per serving—Calories: 765, Carbohydrates: 68g, Fat: 30g, Protein: 54g, Sodium: 1699mg.

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

45-55 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Medium

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a casserole dish with cooking spray
- Ingredient(s) used more than once: **jalapeño pepper, cheese, enchilada sauce**

Customize It Instructions

- If using **ground beef**, follow same instructions as chicken in Step 2, breaking up meat until no pink remains and ground beef reaches a minimum internal temperature of 160 degrees, 4-6 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Peel and halve **onion**. Cut halves into ½” dice.
- Cut a few thin rounds from pointed end of **jalapeño pepper**. Stem, seed, remove ribs, and mince remaining jalapeño. *Discard seeds if you prefer less spice. Wash hands and cutting board after working with jalapeño.*
- Pat **chicken breasts** dry.



2

Cook the Chicken

- Place a medium non-stick pan over medium heat. Add 1 tsp. **olive oil** and **chicken** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Transfer chicken to a mixing bowl and cover with plastic wrap. Rest at least 3 minutes.
- After 3 minutes, shred chicken and combine with **taco seasoning**.
- Reserve pan; no need to wipe clean.



3

Cook the Vegetables

- Return pan used to cook chicken to medium heat.
- Add 1 tsp. **olive oil, onion, and minced jalapeño** (to taste) to hot pan. Stir occasionally until onion begins to soften, 2-3 minutes.
- Add **corn** and stir occasionally until vegetables are tender, 2-3 minutes.
- Remove from burner. Stir in shredded **chicken** and ¼ the **cheese** (reserve remaining for topping enchiladas). Let cool, 2-3 minutes.



4

Form the Enchiladas

- Coat bottom of prepared casserole dish with ¼ cup **enchilada sauce** (reserve remaining for topping enchiladas). *For best results, use an 8” square casserole dish.*
- Place **tortillas** on a clean work surface. Top a tortilla with ½ cup **filling** and roll up tightly (ensure tortilla ends overlap slightly). Place in casserole dish, seam side down.
- Repeat for remaining five tortillas. *Don't overfill tortillas. Any leftover filling can be placed in casserole dish around enchiladas or served on the side.*



5

Bake Enchiladas and Finish Dish

- Pour remaining **enchilada sauce** over **enchiladas** and top with remaining **cheese**.
- Spray a piece of foil with **cooking spray** and place over casserole dish, sprayed-side down. Tightly seal foil and bake in hot oven, 15 minutes.
- Remove foil and bake until cheese is bubbly, 5-7 minutes.
- Plate dish as pictured on front of card, garnishing with **sour cream** and **jalapeño rounds** (to taste). Bon appétit!