



In your box

- 2 oz. Baby Spinach
- 6 Small Flour Tortillas
- 2 Garlic Cloves
- 1 oz. Queso Fresco
- 1 Roma Tomato
- 🌶️ 1 Jalapeño Pepper
- 2 oz. Sour Cream
- ½ cup Red Lentils
- 🌶️ 1 tsp. Chipotle Seasoning
- 2 oz. Shredded Mozzarella

Customize It Options

- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 10 oz. Steak Strips
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

Olive Oil, Salt

Medium Pot, 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



Chipotle Refried Lentil Flautas

with queso fresco and sour cream

NUTRITION per serving—Calories: 636, Carbohydrates: 70g, Sugar: 7g, Fiber: 9g, Protein: 26g, Sodium: 1441mg, Fat: 27g, Saturated Fat: 14g
 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

35-45 min.

Cook Within

7 days

Difficulty Level

Easy

Spice Level

Medium

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry

Customize It Instructions

- Meat lovers! If using **protein**, cook in a large non-stick pan over medium-high heat with 2 tsp. **olive oil**. If using **whole chicken breasts**, pat dry and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Cook until browned and chicken reaches minimum internal temperature, 5-7 minutes per side. If using **steak strips**, separate into a single layer and pat dry. Season all over with a pinch of salt and pepper. Stir occasionally until no pink remains and steak strips reach minimum internal temperature, 4-6 minutes. If using **ribeye**, pat dry and season both sides with a pinch of salt and pepper. Cook until ribeye reaches minimum internal temperature, 4-6 minutes per side. Halve to serve. Serve proteins on the side.



1. Cook the Lentils

- Bring **lentils** and ¾ cup **water** to a boil in a medium pot.
- Reduce to a simmer and cover. Cook until lentils are tender and water is absorbed, 7-9 minutes.
- *Don't worry if lentils are mushy; they will be mashed in a later step.*
- While lentils cook, prepare ingredients.



2. Prepare Ingredients and Make Salsa

- Core **tomato** and cut into ¼" dice.
- Coarsely chop **spinach**.
- Mince **garlic**.
- Stem **jalapeño**, halve, seed, remove ribs, and mince. *Wash hands and cutting board after working with jalapeño.*
- In a mixing bowl, combine tomato, jalapeño (to taste), and ¼ tsp. **salt**. Set aside.



3. Make the Filling

- Once **lentils** are finished cooking, increase heat to medium and add **spinach**, **garlic**, **chipotle seasoning**, and ¼ tsp. **salt**. *If pot is completely dry, add 1 Tbsp. water.*
- Stir occasionally until spinach is wilted, 3-5 minutes.
- *Lentils will mash as ingredients combine.*
- Remove from burner and stir in **mozzarella** until combined.



4. Roll the Flautas

- *To make tortillas more pliable, wrap in a damp paper towel and microwave until warm, 30-60 seconds.*
- Lay **tortillas** on a clean work surface. Divide **filling** equally in the center of each tortilla.
- Tuck one tortilla end under filling and roll. Place seam side down.



5. Fry Flautas and Finish Dish

- Place a large non-stick pan over medium heat and add 1 Tbsp. **olive oil**. Working in batches if necessary, add **flautas** to hot pan, seam-side down. Cook until browned on one side, 2-3 minutes.
- Gently roll to opposite side and cook until browned, 2-3 minutes. *Replenish olive oil if necessary.*
- Remove from burner.
- Plate dish as pictured on front of card, garnishing with **sour cream**, **queso fresco** (crumbling with your hands if needed), and **salsa**. Bon appétit!