



Spinach and Artichoke Chicken Flautas

WITH LEMON BASIL CREMA

Classic



Prep & Cook Time

35-45 MIN

Cook Within

5 DAYS

You Will Need

Olive Oil, Salt, Pepper
2 Mixing Bowls, Large Non-Stick Pan

Ingredients

- 2 oz. Artichoke Hearts
 - 2 Green Onions
 - 6 Small Flour Tortillas
 - 1 Lemon
 - 2 oz. Light Cream Cheese
 - 1/2 oz. Baby Spinach
 - 2 tsp. Basil Pesto
 - 1/2 oz. Shredded Parmesan Cheese
 - 2 oz. Sour Cream
- Customize It Options**
- 12 oz. Boneless Skinless Chicken Breasts
 - 10 oz. Ground Pork
 - 10 oz. Ground Turkey

Difficulty Level

INTERMEDIATE

Spice Level

NOT SPICY

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/20035

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

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Set **cream cheese** on counter to soften
- Ingredient(s) used more than once: **sour cream, lemon juice, green onions**

Customize It Instructions

- If using **ground pork**, season with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 1, breaking up until no pink remains and pork reaches minimum internal temperature, 5-7 minutes. No need to shred.
- If using **ground turkey**, season with a pinch of salt and pepper. Follow same instructions as chicken in Step 1, breaking up until no pink remains and turkey reaches minimum internal temperature, 7-9 minutes. No need to shred.



2. Prepare the Ingredients

- Halve **lemon**. Cut one half into wedges and juice the other half.
- Coarsely chop **artichokes**.
- Coarsely chop **spinach**.
- Trim and thinly slice **green onions**, keeping white and green portions separate.



4. Cook the Flatuas

- Return pan used to cook chicken to medium heat and add 2 tsp. **olive oil**.
- Working in batches if necessary, place **flatuas** 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.



1. Cook the Chicken

- Pat **chicken** dry. Season both sides with a pinch of **pepper**.
- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken to hot pan, and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Transfer chicken to a mixing bowl and season with a pinch of **salt**. Let cool, 5 minutes.
- Wipe pan clean and reserve.
- While chicken cooks, continue recipe.



3. Assemble the Flautas

- Once **chicken** has cooled, shred into bite-sized pieces.
- Add half the **sour cream** (reserve remaining for topping), spinach, artichokes, 1 Tbsp. **lemon juice** (reserve remaining for crema), **Parmesan**, softened **cream cheese**, **white portions of green onions**, and a pinch of **salt** to bowl with shredded chicken. 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.



5. Make Crema and Finish Dish

- Combine remaining **sour cream, pesto**, remaining 1 tsp. **lemon juice**, and a pinch of **salt** in another mixing bowl.
- Plate dish as pictured on front of card, garnishing **flatuas** with crema and **green portions of green onions**. Squeeze **lemon wedges** over to taste. Bon appétit!