



# Creamy Pesto Chicken Flautas

WITH TOMATO AND GREEN ONION SALSA

Classic



## Prep & Cook Time

30-40 MIN

## Cook Within

5 DAYS

## You Will Need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, 2 Mixing Bowls,  
Microwave-Safe Bowl, Large  
Non-Stick Pan

## Ingredients

1 Roma Tomato  
¼ oz. Flour  
2 oz. Baby Spinach  
1 oz. Shredded Italian Cheese Blend  
6 Small Flour Tortillas  
2 Green Onions  
2 Tbsp. Basil Pesto  
2 oz. Light Cream Cheese  
½ tsp. Poultry Seasoning  
**Customize It Options**  
12 oz. Boneless Skinless Chicken  
Breasts  
8 oz. Shrimp  
10 oz. Steak Strips  
8 oz. Italian Pork Sausage Links  
12 oz. Antibiotic-Free Boneless  
Skinless Chicken Breasts

## Difficulty Level

EXPERT

## 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/20057](http://www.homechef.com/20057)

\*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, 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
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Set **cream cheese** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **pesto**

### Customize It Instructions

- If using **Italian sausage**, remove from casing, if necessary. Skip roasting; heat a large non-stick pan over medium-high heat and add to hot pan with **poultry seasoning**, a pinch of **pepper**, and 1 tsp. **olive oil**. Break up until no pink remains and sausage reaches minimum internal temperature, 4-6 minutes.
- If using **shrimp**, follow same instructions as chicken in Step 1, roasting until shrimp reach minimum internal temperature, 15-20 minutes. No need to shred.
- If using **steak strips**, spread into a single layer, pat dry, and coarsely chop. Skip roasting; heat a large non-stick pan over medium-high heat and add to hot pan with poultry seasoning, a pinch of pepper, and 1 tsp. olive oil. Stir occasionally until no pink remains and steak strips reach minimum internal temperature, 4-6 minutes. Rest, 3 minutes. No need to shred.



### 1. Roast Chicken and Make Filling

- Pat **chicken** dry and top with 1 tsp. **olive oil**. Season both sides with **poultry seasoning** and a pinch of **pepper**.
- Place chicken on prepared baking sheet.
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 15-20 minutes.
- Carefully remove from oven. Transfer chicken to a mixing bowl and shred into bite-sized pieces.
- Stir in **spinach** (prepared in a later step), **shredded cheese**, and a pinch of **salt** until spinach begins to wilt.
- While chicken roasts, continue recipe.



### 2. Prepare Ingredients and Make Salsa

- Coarsely chop **spinach**.
- Core **tomato** and cut into 1/2" dice.
- Trim and thinly slice **green onions**.
- In another mixing bowl, combine tomato, green onions, half the **pesto** (reserve remaining for sauce), a pinch of **salt**, and 1 tsp. **olive oil**. Set aside.



### 3. Assemble the Flatuas

- Place **tortillas** on a clean work surface. Top each evenly with **filling**.
- Fold tortilla over filling, tucking edge under. Roll tortilla and place seam side down. Repeat with remaining tortillas.



### 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. Make Sauce and Finish Dish

- In a microwave-safe bowl, combine softened **cream cheese**, **flour**, remaining **pesto**, and 1/3 cup **water**.
- Microwave, 15 seconds a time and stirring in between, until smooth and heated through, 45-60 seconds.
- If too thick, add water, 1 tsp. at a time and up to 1 Tbsp., until desired consistency is reached.
- Plate dish as pictured on front of card, halving **flautas**, if desired, and topping with sauce and **salsa**. Bon appétit!