



In your box

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

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
10 oz. Steak Strips
12 oz. Ground Pork

You will need

Olive Oil, Salt
Medium Pot, Mixing Bowl, Large Non-Stick Pan



Chipotle Refried Lentil Flautas

with queso fresco and sour cream

NUTRITION per serving—Calories: 670, Carbohydrates: 69g, Fat: 30g, Protein: 28g, Sodium: 1553mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time

35-45 min.

Cook Within

7 days

Difficulty Level

Easy

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

Customize It Instructions

Meat lovers! If using **whole chicken breasts**, pat dry and season with 1/4 tsp. salt and a pinch of pepper. Cook with 1 tsp. **olive oil** in a large non-stick pan over medium-high heat 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 with 1 tsp. olive oil in a large non-stick pan over medium-high heat until no pink remains, 4-6 minutes. If using **ground pork**, combine with 1/4 tsp. salt and a pinch of pepper. Cook with 1 tsp. olive oil in a medium non-stick pan over medium-high heat. Break into small pieces with a spoon until no pink remains, 5-7 minutes. Top flautas with proteins, or serve on the side.

Minimum Internal Temperature

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



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**.



4

Roll the Flautas

- *To make tortillas more pliable, wrap in a damp paper towel and microwave until warm, 30 seconds.*
- Lay **tortillas** on a clean work surface. Divide **filling** equally in the center of each tortilla.
- Roll tortillas and 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 if necessary), and **salsa**. Bon appétit!