



In your box

- 6 Small Flour Tortillas
- 4 oz. Artichoke Hearts
- 2 oz. Baby Spinach
- 2 oz. Light Cream Cheese
- 4 oz. Alfredo Sauce
- 1 Lemon
- 1 oz. Crispy Fried Onions
- 1 Russet Potato
- ¼ oz. Parsley

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 10 oz. USDA Choice Sliced Flank Steak



Spinach and Artichoke Alfredo Enchiladas

with crispy onions and parsley

NUTRITION per serving—Calories: 637, Carbohydrates: 82g, Fat: 28g, Protein: 17g, Sodium: 1278mg.
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 ● ● ●
Intermediate

Spice Level 🌶️ 🌶️ 🌶️
Not Spicy

① You will need

Salt, Pepper

Medium Oven-Safe Casserole Dish , Medium Pot,
Colander, Small Non-Stick Pan

👑 Before you cook

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

- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a casserole dish with cooking spray



1

Cook the Potatoes

- Peel, halve, and slice **potato** ¼" pieces
- Bring a medium pot with potato pieces, 4 cups **water**, and 1 tsp. **salt** to a boil. Reduce to a simmer and cook until tender, 10-12 minutes.
- Reserve ¼ cup **potato cooking water**. Drain potatoes into a colander. Return to pot and cover. Set aside.
- While potatoes cook, prepare ingredients.



2

Prepare the Ingredients

- Coarsely chop **spinach**.
- Coarsely chop **artichoke hearts**.
- Halve **lemon**. Cut one half into wedges and juice other half.
- Coarsely chop **parsley** (no need to stem).



3

Make the Filling

- Add **cream cheese** and half the reserved **potato cooking water** to pot with **potatoes**. Stir until cream cheese is melted, crushing potatoes with a spoon. *If potatoes are too cold to melt cream cheese, return pot to medium heat to warm through.*
- Stir in **artichokes, spinach**, ¼ tsp. **salt** and a pinch of **pepper** until combined and mixture resembles a coarse mash. *If too dry, add remaining potato cooking water 1 Tbsp. at a time until desired consistency is reached.*



4

Assemble the Enchiladas

- Place **tortillas** on a clean work surface. Divide **filling** evenly between tortillas, placing filling in center of tortilla. Tightly roll tortilla around filling. Place in prepared casserole dish in a single layer, seam-side down.
- Bake in hot oven until heated through and golden brown, 10-12 minutes.
- *Meatlovers! If using **chicken breasts** or **shrimp**, pat dry. If using **flank steak**, separate into a single layer and pat dry. Season all proteins with a pinch of **salt** and **pepper**. We recommend cooking proteins in large non-stick pan, using medium-high heat for steak strips and shrimp, medium heat for chicken and adding 1 tsp. **olive oil**. Cook chicken until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Stir steak strips occasionally until no pink remains, 4-6 minutes. Cook shrimp undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes.*



5

Make Sauce and Finish Dish

- Place a small non-stick pan over medium-low heat and add **Alfredo sauce**, 2 tsp. **lemon juice**, and half the **parsley** (reserve remaining for garnish) to cold pan. Stir constantly until heated through, 1-2 minutes.
- Plate dish as pictured on front of card, spooning **sauce** over **enchiladas**. Garnish with remaining parsley and **crispy onions**. Squeeze **lemon wedges** over to taste. Bon appétit!