



In your box

5 oz. Corn Kernels
3 oz. Chipotle Ranch Dressing
4 oz. Sour Cream
1 Red Onion
10 fl. oz. Red Enchilada Sauce
4 oz. Shredded Cheddar Cheese
2 Romaine Hearts
2 Tbsp. Taco Seasoning
12 Small Flour Tortillas

Customize It Options

26 oz. Boneless Skinless Chicken Breasts
27 oz. Organic Boneless Skinless Chicken Breasts
20 oz. Ground Beef
24 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat

You will need

Olive Oil, Cooking Spray
2 Mixing Bowls, Large Non-Stick Pan, Large Oven-Safe Casserole Dish



6 Portion Meal

Adobo Chicken Enchiladas

with chipotle ranch romaine salad

NUTRITION per serving—Calories: 573, Carbohydrates: 43g, Fat: 27g, Protein: 37g, Sodium: 1540mg.

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

60+ min.

Cook Within

5 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
- Preheat oven to **400 degrees**
- Prepare a casserole dish with cooking spray
- Ingredient(s) used more than once: **cheese, enchilada sauce**

Customize It Instructions

- If using **ground beef**, follow same instructions as chicken in Step 2, stirring occasionally over medium-high heat until no pink remains, 4-6 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Peel and halve **onion**. Cut halves into ½" dice.
- Hold **romaine hearts** at root ends and chop coarsely.
- Pat **chicken breasts** dry.



2

Cook the Chicken

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Working in batches if necessary, 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 to a mixing bowl, cover with plastic wrap, and rest at least 3 minutes. After resting, shred chicken and combine with **taco seasoning**.
- Reserve pan; no need to wipe clean.



3

Cook the Vegetables

- Return pan used to cook chicken to medium heat.
- Add 2 tsp. **olive oil** and **onion** to hot pan. Stir occasionally until onion begins to soften, 2-3 minutes.
- Add **corn** and cook until vegetables are tender, 3-4 minutes.
- Remove from burner.
- Stir in **shredded chicken** and ½ the **cheese** (reserve remaining for topping enchiladas). Let cool, 2-3 minutes.



4

Form the Enchiladas

- Coat bottom of prepared casserole dish with ¼ cup **enchilada sauce** (reserve remaining for topping enchiladas). *For best results, use a 13"x 9" casserole dish.*
- Place a **tortilla** on a clean work surface. Add ¼ cup **filling** to tortilla and roll up tightly (ensure tortilla ends overlap slightly). Place in casserole dish, seam side down.
- Repeat for remaining tortillas. *Don't overfill tortillas. Any leftover filling can be placed in casserole dish around enchiladas or served on the side.*



5

Bake Enchiladas and Dress Salad

- Pour remaining **enchilada sauce** over **enchiladas** and top with remaining **cheese**.
- Spray a piece of foil with **cooking spray** and place over casserole dish, sprayed-side down. Tightly seal foil and bake in hot oven, 15 minutes.
- Remove foil and bake until cheese is bubbly, 5-7 minutes.
- While enchiladas are baking uncovered, combine **romaine** and **dressing** in a mixing bowl.
- Plate dish as pictured on front of card, garnishing **enchiladas** with **sour cream**. Bon appétit!