



In your box

- 6 Small Flour Tortillas
- 1 Jalapeño Pepper
- 2 Green Onions
- 2 oz. Light Cream Cheese
- 2 oz. Sour Cream
- 1 Lime
- 2 tsp. Roasted Garlic Peppercorn Rub
- 1 oz. Shredded Cheddar Cheese
- 1 Ear of Corn

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat, soy

You will need

- Olive Oil, Salt, Cooking Spray
- Baking Sheet, Large Non-Stick Pan, Mixing Bowl



Chicken Jalapeño Popper Flautas

with sour cream and corn

NUTRITION per serving—Calories: 752, Carbohydrates: 58g, Fat: 35g, Protein: 51g, Sodium: 1718mg.

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

40-50 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Mild

👑 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 baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **sour cream, green onions**



1

Prepare the Ingredients

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Peel husk off **corn** and carefully remove kernels from cob.
- Halve **lime**. Cut one half into wedges and juice the other half.
- Pat **chicken** dry, and drizzle with 1 tsp. **olive oil**. Season both sides with **seasoning rub**.



2

Roast the Chicken and Vegetables

- Place **chicken** and **jalapeño** on one half of prepared baking sheet. Roast in hot oven until chicken is browned, 12-14 minutes.
- Remove from oven and carefully spread **corn** into a single layer on empty half of baking sheet. Drizzle corn with 1 tsp. **olive oil**. *Baking sheet will be hot! Use a utensil.*
- Roast again until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Transfer roasted chicken to a mixing bowl and let cool slightly, 5 minutes.



3

Assemble the Flautas

- While chicken cools, stem, seed, remove ribs, and coarsely chop **jalapeño**. *Retain seeds for more spice. Wash hands and cutting board after working with jalapeño.*
- Once cool enough to handle, shred chicken into bite-sized pieces.
- Add half the **sour cream** (reserve remaining for topping), jalapeño (to taste), **corn**, 1 tsp. **lime juice**, **cheddar cheese**, **cream cheese**, **white portions of green onions**, and ¼ tsp. **salt** to bowl and stir to combine.
- Place **tortillas** on a clean work surface. Divide chicken-corn mixture equally, placing in the center of tortillas. Roll tortillas and place seam-side down.



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

Finish the Dish

- Plate dish as pictured on front of card, garnishing **flautas** with remaining **sour cream** and **green portions of green onions**. Squeeze **lime wedges** over to taste. Bon appétit!