



KIDS' MINI CHICKEN FLAUTAS LUNCH

+ Snack: Pizza Poppers



INGREDIENTS

3 SERVINGS | 6 SERVINGS



9 oz | 18 oz
Carrots



2 | 4
Belgian Waffles
Contains: Eggs, Milk, Wheat



10 oz | 20 oz
Chopped Chicken Breast



½ Cup | 1 Cup
Mexican Cheese Blend
Contains: Milk



4 TBSP | 8 TBSP
Guacamole



6 | 12
Flour Tortillas
Contains: Soy, Wheat



12 oz | 24 oz
Buttermilk Biscuits
Contains: Wheat



5 oz | 10 oz
Marinara Sauce



1 Cup | 2 Cups
Mozzarella Cheese
Contains: Milk

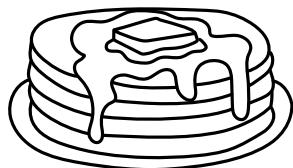


ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



UNSCRAMBLE THESE BREAKFAST FOODS

- WAEFLF _____
- PENCAKA _____
- AONBC _____
- TOSAT _____
- UFIFNM _____
- EALBG _____



LUNCH PREP: 5 MIN COOK: 20 MIN | CALORIES: 710 + SNACK COOK: 10 MIN | CALORIES: 490



HELLO FRESH



HELLO

LUNCH + SNACK

Whip up this time-saving, kid-pleasing meal (plus a little something extra!).

FLAVOR SAVOR

Store pizza poppers in an airtight container in the fridge. Enjoy at room temperature or, if desired, wrap in damp paper towels and microwave until warmed through, 20-30 seconds.

BUST OUT

- Peeler
- Large pan
- Medium bowl
- Paper towels
- Rolling pin
- 2 Baking sheets
- Aluminum foil
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Nonstick cooking spray

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1 PREP

- Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** into sticks (like fries; ours were 3 inches long and 1/2 inch thick). Cut **waffles** into 1-inch-wide strips.



4 SERVE OR STASH

- **To serve:** Halve **flautas** on a diagonal; divide between plates. Serve with **carrot sticks** and **waffle sticks** on the side.
- **To stash:** Let flautas cool completely before halving. Refrigerate flautas, carrot sticks, and waffle sticks in separate containers and pack as desired!



2 MAKE FILLING

- Open package of **chicken*** and drain off any excess liquid. Season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes. **TIP: Cut any larger pieces of cooked chicken into bite-size pieces.**
- Transfer chicken to a medium bowl; add **Mexican cheese blend** and as much **guacamole** as you like. Stir to combine.



5 START SNACK

- Adjust rack to middle position (**top and middle positions for 6 servings**) and preheat oven to 375 degrees.
- Remove **buttermilk biscuits** from package. Using a rolling pin, roll out each biscuit to form a 3-inch round. **TIP: Lightly dust work surface with flour to prevent sticking.**
- Place **1 tsp marinara sauce** in center of each circle; divide **half the mozzarella** between circles. Gently fold edges over filling and pinch tightly to close. Gently roll each **pizza popper** into a ball.



3 PREP & BAKE FLAUTAS

- Wrap **tortillas** in damp paper towels; microwave until warm and pliable, 30 seconds.
- Lay **tortillas** on a clean work surface. Evenly divide **chicken mixture** between one half of each tortilla. Lightly season with **salt** and **pepper** if desired. Roll up tortillas, starting with filled sides, to create **flautas**.
- Place flautas, seam sides down, on a **lightly oiled** baking sheet. Brush tops with a **drizzle of oil**. Bake on middle rack until golden brown and warmed through, 6-8 minutes.



6 FINISH SNACK

- Line a second baking sheet with foil and coat with **nonstick cooking spray**. Place **pizza poppers**, sealed sides down, 2 inches apart on prepared baking sheet (**divide between two sheets for 6 servings**). Brush tops with **oil** and sprinkle with **remaining mozzarella**.
- Bake on middle rack (**top and middle racks for 6**) until golden brown, 15-18 minutes. Let cool completely; divide between plates and serve with **remaining marinara sauce**.

*Chicken is fully cooked when internal temperature reaches 165°.