



# SOUTHWEST CORN & ZUCCHINI FLAUTAS

with Enchilada Sauce & Queso Blanco

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Zucchini



2 | 4  
Scallions



1 | 2  
Corn



1 TBSP | 2 TBSP  
Southwest Spice Blend



10 oz | 20 oz  
Mild Red Enchilada Sauce



¼ Cup | ½ Cup  
Monterey Jack Cheese  
Contains: Milk



6 | 12  
Flour Tortillas  
Contains: Soy, Wheat



3 oz | 6 oz  
Queso Blanco  
Contains: Milk



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

\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Ground Beef\*\*  
Calories: 1130



10 oz | 20 oz  
Ground Turkey  
Calories: 1010



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 750



HELLO

## FLAUTAS

These rolled tacos are baked (not fried) for a crispy exterior.

### SEW SMART

Weave a toothpick into the seam of each tortilla (just like you would a safety pin) to secure flautas. Be sure to remove before eating!

### BUST OUT

- Baking sheet
- Paper towels
- Aluminum foil
- Large pan
- Box grater
- Can opener
- Strainer
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)  
(1 tsp | 1 tsp) 🇺🇸 🇨🇦
- Olive oil (1 TBSP | 2 TBSP)

### MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. Line a baking sheet with foil and brush with **oil**. **Wash and dry produce.**
- Trim **zucchini** and grate on the largest holes of a box grater. Place in the center of a clean kitchen towel. Gather into a tight bundle and squeeze over the sink to remove as much liquid as possible.
- Drain **corn**, then pat dry with paper towels. Trim and thinly slice **scallions**, separating whites from greens.

- 🇺🇸 Heat a **drizzle of oil** in a large pan over medium-high heat. Add **beef\*** or **turkey\***; cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



### 4 BAKE FLAUTAS

- Bake **flautas** on top rack until golden brown and crispy, 8-12 minutes.



### 2 COOK FILLING

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **zucchini** and a **pinch of salt**; cook, stirring occasionally, until lightly browned and softened, 3-4 minutes. Add **corn** and **scallion whites**; cook, stirring occasionally, until golden brown and lightly charred in spots, 2-4 minutes. **TIP: Cover pan if corn starts to pop.**
- Add **Southwest Spice Blend** and **half the enchilada sauce**; cook, stirring often, until thickened, 1-2 minutes. Turn off heat; stir in **Monterey Jack** until melted. Taste and season with **salt** and **pepper** if desired.

- 🇺🇸 Use pan used for beef or turkey here.
- 🇨🇦 Once scallion whites are charred, return **beef** or **turkey** to pan and cook through the rest of this step as instructed.



### 5 WARM SAUCES

- Place **remaining enchilada sauce** in a small microwave-safe bowl. Microwave until warmed through, 45-60 seconds.
- In a second small microwave-safe bowl, combine **queso blanco** with **1 TBSP water (2 TBSP for 4 servings)**; microwave until warmed through, 25 seconds.



### 3 ASSEMBLE FLAUTAS

- Meanwhile, drizzle **tortillas** with **1 TBSP olive oil (2 TBSP for 4 servings)**; brush or rub to completely coat on both sides.
- Place tortillas on a clean work surface. Once **corn and zucchini filling** is done, add a heaping ¼ cup filling to one side of each tortilla. Roll up tortillas, starting with filled sides, to create **flautas**.
- Place flautas, seam sides down, on prepared sheet. **TIP: Arrange your flautas snug on the sheet to keep them from unrolling.**



### 6 SERVE

- Divide **flautas** between plates. Drizzle with **queso blanco** and as much **remaining enchilada sauce** as you like. Sprinkle with **scallion greens** and serve.

🇺🇸 \*Ground Beef is fully cooked when internal temperature reaches 160°.

🇨🇦 \*Ground Turkey is fully cooked when internal temperature reaches 165°.