



SOUTHWEST CORN & ZUCCHINI FLAUTAS

with Enchilada Sauce & Queso Blanco

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



1 | 2
Corn



2 | 4
Scallions



1 TBSP | 2 TBSP
Southwest Spice Blend



3 oz | 6 oz
Queso Blanco
Contains: Milk



10 oz | 20 oz
Mild Red Enchilada Sauce



¼ Cup(s) | ½ Cup(s)
Monterey Jack Cheese
Contains: Milk



6 | 12
Flour Tortillas
Contains: Soy, Wheat



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

**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: 1120



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
- Aluminum foil
- Box grater
- Strainer
- Kosher Salt
- Black Pepper
- Paper towels
- Large pan
- Can opener
- 2 Small bowls
- Cooking Oil
- Olive Oil

MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

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

HOW WAS YOUR MEAL?



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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 Poultry is fully cooked when internal temperature reaches 165°.

🍳 *Ground Meat is fully cooked when internal temperature reaches 160°.