



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
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
Sauce
Contains: Milk



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HELLO

FLAUTAS

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



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 760



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
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- Kosher salt
 - Black pepper
 - Cooking oil (2 tsp | 2 tsp)
 - Olive oil (1 TBSP | 2 TBSP)

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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.



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.



5 WARM SAUCES

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



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.