



# Baked Chipotle Lentil Taquitos

## with Avocado Crema and Tomato Salsa

Veggie

30 Minutes

Customized Protein

+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

+ Add



Chicken Breast  
Tenders +  
310 g | 620 g

+ Add



Shrimp  
56 g | 113 g



Lentils, canned  
1 | 2



Chipotle Sauce  
4 tbsp | 8 tbsp



Feta Cheese,  
crumbled  
¼ cup | ½ cup



Baby Tomatoes  
113 g | 227 g



Lime  
1 | 2



Guacamole  
3 tbsp | 6 tbsp



Flour Tortillas  
6 | 12



Sour Cream  
1 | 2



Garlic Puree  
1 tbsp | 2 tbsp



Green Onion  
2 | 4

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring spoons, medium bowl, paper towels, parchment paper, silicone brush, small bowl, strainer, zester

1



## Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

+ Add | Shrimp

- Using a strainer, drain and rinse **lentils**.
- Thinly slice **green onions**.
- Halve **tomatoes**. Zest **lime**, then juice it into a medium bowl.

4



## Bake taquitos

- Bake **taquitos** in the **middle** of the oven until light brown, 7-8 min. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets and bake in the middle and top of the oven, rotating sheets halfway through.)

2



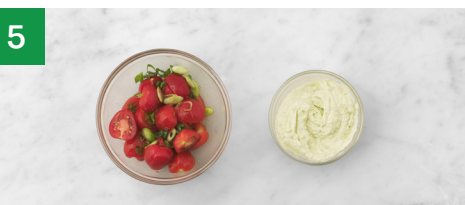
## Cook filling

+ Add | Chicken Breast Tenders

+ Add | Shrimp

- Heat a large non-stick pan over medium heat. When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **lentils** and **garlic puree**. Cook, stirring often, until **lentils** are warmed through and **garlic** is fragrant, 3-4 min. Season with **salt** and **pepper**.
- Add **chipotle sauce** and **half the green onions**. Cook, stirring often, until warmed through, 1-2 min.
- Remove from heat.

5



## Make salad and crema

- Add **tomatoes**, **remaining green onions** and **1 tsp** (2 **tsp**) **oil** to the bowl with **lime juice**. Season with **salt** and **pepper**, then stir to combine. Set aside.
- In a small bowl, add **lime zest**, **sour cream** and **guacamole**, then stir to combine. Season with **salt** and **pepper**, then set aside.

3



## Assemble taquitos

+ Add | Chicken Breast Tenders

- Wrap **tortillas** in paper towels.
- Microwave until **tortillas** are warm and flexible, 1 min.
- Divide **lentil filling** between **tortillas**, then sprinkle over **feta**. Roll **filled tortillas** tightly.
- Place **filled tortillas**, seam-side down, on a parchment-lined baking sheet.
- Brush with **2 tsp oil**.

6



## Finish and serve

- Divide **taquitos** between plates.
- Dollop over **avocado crema** and **salsa**.

Measurements  
within steps

1 **tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

## 1 | Cook shrimp filling

+ Add | Shrimp

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **lentils** and **garlic puree**. Cook, stirring often, until **lentils** are warmed through and **garlic** is fragrant, 3-4 min. Season with **salt** and **pepper**. Add **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\* Add **chipotle sauce** and **half the green onions**. Cook, stirring often, until warmed through, 1-2 min.

## 2 | Cook chicken and filling

+ Add | Chicken Breast Tenders

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Cut into 1-inch pieces and season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 4-6 min.\*\* Transfer to plate. Use the same pan to cook **lentil filling**.

## 3 | Assemble taquitos

+ Add | Chicken Breast Tenders

Add **chicken** to **lentil filling**, then divide between **taquitos**.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.