

Cheesy Tomatillo Enchiladas

with Chayote Squash, Spinach & Brown Rice

VEGETARIAN

🕒 35-45 MINS | 2 SERVINGS

For these veggie enchiladas, you'll make a hearty filling of brown rice, chayote squash (a fibrous fruit popular in Latin cuisines), and fresh spinach spiced with a zesty blend of paprika, ancho chile powder, cumin, and more. An irresistibly bright tomatillo-poblano sauce and melty monterey jack cheese bring it all together.



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Recipes

Ingredients



4
FLOUR TORTILLAS



3 oz
BABY SPINACH



2 cloves
GARLIC



2 oz
MONTEREY JACK
CHEESE



1 Tbsp
MEXICAN SPICE
BLEND*



1/2 cup
BROWN RICE



1
CHAYOTE
SQUASH



1/3 cup
TOMATILLO-
POBLANO SAUCE



1/4 cup
SOUR CREAM

*Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano



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1 Cook the rice:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with water; add a **big pinch of salt**. Cover and heat to boiling on high.
- Once boiling, add the **rice**. Cook, uncovered, 17 to 19 minutes, or until tender. Drain thoroughly.



2 Prepare the ingredients:

- Meanwhile, wash and dry the fresh produce.
- Halve the **squash** lengthwise. If present, remove the pit, then medium dice the squash.
- Peel and roughly chop **2 cloves of garlic**.
- Grate the **cheese** on the large side of a box grater.



3 Cook the vegetables:

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced squash** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned; season with salt, pepper, and **half the spice blend** (you will have extra). Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and slightly softened.
- Add the **chopped garlic** and **spinach**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the spinach is wilted.
- Transfer to a large bowl.



4 Make the filling:

- To the bowl of **cooked vegetables**, add the **cooked rice** and **half the sour cream**. Season with salt and pepper; stir to combine. Taste, then season with salt and pepper if desired.



5 Assemble, bake & serve the enchiladas:

- Place the **tortillas** on a work surface.
- Spread about **2 cups of the filling** into the bottom of a baking dish. Divide the **remaining filling** among the tortillas; tightly roll up each tortilla around the filling.
- Transfer to the baking dish, seam side down. Evenly top with the **tomatillo-poblano sauce** and **grated cheese**. Season with salt and pepper.
- Bake 8 to 10 minutes, or until lightly browned and the cheese is melted. Remove from the oven and let stand at least 2 minutes before serving.
- Serve the **baked enchiladas** topped with the **remaining sour cream**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)* Calories: 620, Total Carbohydrates: 87g, Dietary Fiber: 8g, Added Sugar: 0g, Total Fat: 21g, Saturated Fat: 11g, Protein: 21g, Sodium: 1230mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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