

# Zucchini, Corn & Black Bean Enchiladas

with Spinach, Rice & Creamy Cilantro Sauce

4 SERVINGS

30-40 MINS

 **Blue Apron**  
blueapron.com




 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.\*

## Ingredients

Customized ingredients

ADDED:



18 oz Boneless Chicken Breast Pieces 



2 ears of Corn



4 oz White Cheddar Cheese



1 Tbsp Mexican Spice Blend<sup>1</sup>



8 Flour Tortillas



1 15.5-oz can Black Beans



5 oz Baby Spinach



½ cup Sour Cream



½ cup Long Grain White Rice



2 Zucchini



2 Tbsps Grated Cotija Cheese



½ cup Cilantro Sauce



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

## Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

<sup>1</sup>. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano  
\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

### 1 Cook the rice

- Place an oven rack in the center of the oven; preheat to 450°F.
- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the **rice**, **half the spice blend**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



### 2 Prepare the ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Medium dice the **zucchini**.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Drain and rinse the **beans**.
- Grate the **cheddar** on the large side of a box grater.
- In a bowl, whisk together the **cilantro sauce** and **half the sour cream**. Taste, then season with salt and pepper if desired.



### ↺ ADDITIONAL STEP If you chose Chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a large bowl.

### 3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced zucchini** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **corn kernels**; season with salt, pepper, and the **remaining spice blend**. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly wilted.
- Transfer to a large bowl.



### ↺ CUSTOMIZED STEP 3 If you chose Chicken

- Cook the vegetables as directed, using the pan of reserved fond and transferring to the bowl of **cooked chicken**.

### 4 Make the filling & assemble the enchiladas

- To the bowl of **cooked vegetables**, add the **cooked rice**, **drained beans**, **cotija**, **remaining sour cream**, and a drizzle of **olive oil**; stir to combine. Taste, then season with salt and pepper if desired.
- Place the **tortillas** on a work surface.
- Evenly spread about **2 ½ 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 in a single layer, seam side down.



### ↺ CUSTOMIZED STEP 4 If you chose Chicken

- Make the filling and assemble the enchiladas as directed, using the bowl of **cooked chicken and vegetables**, and spreading about **3 ½ cups of the filling** into the bottom of a baking dish.

### 5 Bake the enchiladas & serve your dish

- Evenly top the **enchiladas** with the **sauce** and **grated cheddar**; 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. Enjoy!

