



Easy Chicken Flautas

Jacob · 29/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

8

Description

Flautas are also known as rolled tacos These tasty chicken flautas are the best I learned how to make them and my husband loved them

Ingredients

- - ¼ cup butter - ¼ cup all-purpose flour - ¼ cup minced onion - ¼ cup chopped black olives - 2 tablespoons lemon juice - 1 tablespoon oil - ¼ teaspoon ground paprika - ? teaspoon ground black pepper - ? teaspoon salt - 1 ½ cups cooked shredded chicken - oil for frying
- or as needed - 8 flour tortillas - toothpicks

Instructions

1. Melt butter in a skillet over medium heat; stir in flour until smooth. Add onion; cook and stir until onion is softened
2. 5 to 10 minutes. Add black olives
3. lemon juice
4. 1 tablespoon oil
5. paprika
6. black pepper
7. and salt; cook and stir until heated through
8. about 2 minutes. Stir in chicken; remove the skillet from heat and cover. Dotdash Meredith Food Studios
Heat oil in a large
9. heavy saucepan or deep fryer over medium-high heat. Fill tortillas with chicken mixture. Roll tortilla around filling and secure with a toothpick. Working in batches
10. fry rolled tortillas in hot oil until browned
11. about 2 minutes. Use a slotted spoon or tongs to transfer tortillas to a paper towel-lined plate; serve warm.
Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
12. ingredient density
13. and the specific type of oil used.