

Chicken Flautas

Crispy chicken flautas recipe with perfectly seasoned shredded chicken wrapped in golden tortillas. Easy Mexican comfort food served with guacamole!

15	20	35	2	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Chicken Flautas

Ingredients

- 2 cup chicken meat
- 1 cup cilantro (coriander)
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp salt
- 1 tsp black pepper
- 8 corn tortilla

Instructions

- 1 Prepare the chicken filling**

Combine 2 cups shredded chicken, 1 cup Monterey Jack cheese, 1 teaspoon cumin, 1 teaspoon paprika, 1 teaspoon salt, and 1 teaspoon pepper in a large bowl. Mix thoroughly until all ingredients are evenly distributed and the mixture holds together when pressed.
- 2 Warm the tortillas**

Heat a dry skillet over medium heat. Warm each of the 8 tortillas for 10-15 seconds per side until they become soft and pliable. Stack the warmed tortillas on a plate and cover with a clean kitchen towel to prevent them from drying out.
- 3 Assemble the flautas**

Place one tortilla on a clean work surface. Spoon about 3 tablespoons of the chicken filling along the bottom third of the tortilla, leaving a 1-inch border on the sides. Roll the tortilla tightly around the filling, keeping the seam on the bottom.
- 4 Secure each rolled flauta with a toothpick inserted through the seam to prevent unrolling during frying. Repeat with remaining tortillas and filling.**
- 5 Heat the oil**

Pour vegetable oil into a heavy-bottomed pan to a depth of 2 inches. Heat over medium-high heat until the oil reaches 175°C (350°F) when tested with a thermometer.
- 6 Fry the flautas**

Carefully place 2-3 flautas seam-side down into the hot oil using tongs. Fry for 2-3 minutes per side until golden brown and crispy all over, turning once halfway through.

- 7 Remove flautas with tongs and transfer to a wire rack set over paper towels to drain excess oil for 1-2 minutes. Carefully remove toothpicks and serve immediately while hot and crispy.

Tips

Tortilla Temperature: Warm tortillas briefly in a dry skillet or microwave before rolling to prevent cracking and ensure easy rolling without tearing.

Oil Temperature Control: Use a thermometer to maintain oil temperature at 350°F. Too hot burns the outside before heating the inside; too cool makes greasy flautas.

Proper Sealing: Roll tightly and secure with toothpicks, placing seam-side down in oil first to help seal naturally before turning.

Drainage Technique: Place fried flautas on a wire rack over paper towels rather than directly on paper towels to prevent soggy bottoms.

Make-Ahead Strategy: Assemble flautas up to a day ahead and refrigerate, or freeze uncooked flautas for up to 3 months for quick meals.

Filling Consistency: Ensure chicken filling isn't too wet by draining excess liquid from salsa and letting cooked chicken cool slightly before mixing.

Even Cooking: Don't overcrowd the pan - fry in batches of 2-3 flautas to maintain oil temperature and ensure even browning.

Reheating Method: Reheat leftover flautas in a 375°F oven for 5-7 minutes rather than microwaving to restore crispiness.