

Chicken Flautas

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

15 min

PREP

20 min

COOK

35 min

TOTAL

2

SERVINGS

Easy

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.