



APR
2016

Southwestern Tortellini Salad

with Black Beans, Sweet Corn, and Cilantro

Get ready for a Southwestern twist on pasta salad! This warm salad is full of beans, cilantro, corn, and chili flakes for a very unique spin. Cheese-filled tortellini are a major upgrade from regular old pasta.



Prep: 10 min
Total: 30 min



level 1



veggie



nut
free



Cheese Tortellini



Green Bell Pepper



Cilantro



Black Beans



Chili Flakes



Lime



Corn



Garlic



Red Onion




Sour Cream



Pepitas

Ingredients

| | | 2 People | 4 People |
|--|----------|----------|----------|
| Cheese Tortellini | 1) 2) 3) | 9 oz | 18 oz |
| Green Bell Pepper | | 1 | 2 |
| Cilantro | | ¼ oz | ½ oz |
| Black Beans | | 1 Box | 2 Boxes |
| Chili Flakes  | | 1 t | 1 t |
| Lime | | 1 | 2 |
| Corn | | 1 Ear | 2 Ears |
| Garlic | | 2 Cloves | 4 Cloves |
| Red Onion | | 1 | 2 |
| Sour Cream | 2) | 4 T | 8 T |
| Pepitas | | 1 oz | 2 oz |
| Olive Oil* | | 2t | 4 t |

*Not Included

Allergens

- 1) Wheat
- 2) Milk
- 3) Eggs

Tools

Medium pot, Strainer, Large pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

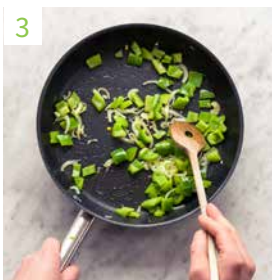
Nutrition per person Calories: 847 cal | Fat: 30 g | Sat. Fat: 11 g | Protein: 41 g | Carbs: 99 g | Sugar: 10 g | Sodium: 969 mg | Fiber: 24 g

1



1 Prep the ingredients: Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Halve, peel, and thinly slice the **red onion**. Cut the **corn** kernels off the cob. Core, seed, and dice the **bell pepper**. Juice half the **lime**; cut the other half into wedges. Finely chop the **garlic** and **cilantro**. Drain and rinse the **black beans**.

3



2 Cook the tortellini: Add the **tortellini** to the boiling water and cook for 5-7 minutes, until tender and floating to the top of the water. Drain, then toss with a drizzle of **olive oil** to prevent the tortellini from sticking.

3 Cook the peppers and onions: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **onion** and **bell pepper** and cook, tossing for 4-5 minutes, until softened. Season with **salt** and **pepper**.

4



4 Cook the remaining veggies: Add the **corn**, **garlic**, and a pinch of **chili flakes** (to taste) to the pan and cook for 2-3 minutes, until the corn is tender. Season with **salt** and **pepper**.

5 Toss: Add the **black beans**, **tortellini**, **sour cream**, and **lime juice** to the pan and toss for 1-2 minutes, until a creamy sauce has formed. Remove the pan from the heat and stir in half the **cilantro**.

5



6 Serve: Garnish the **Southwest tortellini salad** with the **remaining cilantro** and **pepitas** on top. Serve **lime wedges** to the side for squeezing. Enjoy!

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